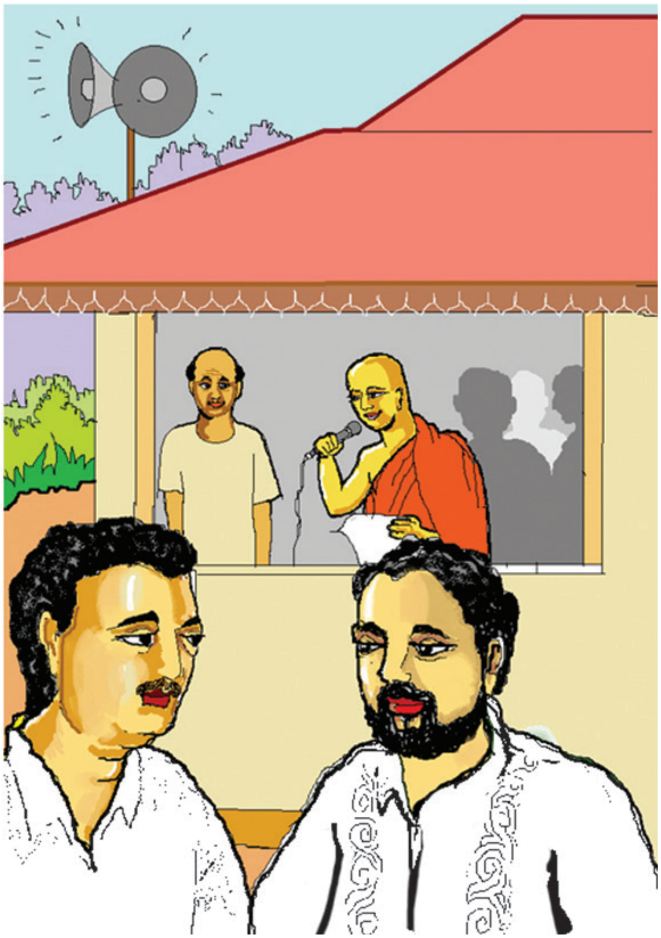
The Closest Bond 1

" One who lives by the Dhamma is protected by the Dhamma."
-The Buddha

Actvity 1

Act Out



It is the Poson Full Moon Poya day. The Chief Monk of the temple, Venerable Nanda is announcing the programme for the afternoon and the evening. Two devotees, Mr. Perera and Mr. Sirisena are at the temple listening to the announcements.

Announcer: May the Triple Gem bless all of you. It's indeed a pleasure to see so many devotees gathered here. We've had some special programmes since this morning. For the afternoon, the Dhamma discussion will start at 2 o' clock. Devotees who would like to attend this event, please proceed to the preaching hall.

Mr. Sirisena : I'm attending the Dhamma discussion. How about you?

Mr. Perera : I'll be there too. I attended last month's discussion. It was very good. I learnt many things.

Mr. Sirisena : Unfortunately, I couldn't come. I was away.

Announcer: There will be a meditation programme conducted by the Most Venerable Attangalle Sumedha at 4 p.m. in the Bodhi terrace.

Mr. Perera : An open air place is ideal for meditation. I hope it won't rain.

Mr. Sirisena : Not likely. The sky is clear.

Announcer: The evening devotional service will be held from 6.30 to 7.30 p.m. and the Dhamma sermon delivered by Venerable Inamaluwe Rathana will start at 8 p.m.

Mr. Sirisena : Well, I can't stay for the devotional service but I will come back for the sermon.

Mr. Perera : Same here. It's almost time for the Dhamma discussion. Let's go in.

Activity 2 - Reading

Read the conversation and complete the programme.

POSON POYA DAY PROGRAMME

6.30 A.M.	SIL PROGRAMME
7 00 A.M.	MORNING DEVOTIONAL SERVICE
9.00 A.M.	DHAMMA SERMON
10.00A.M.	SUTRA STUDY
11.00 A.M.	DEVOTIONAL SERVICE
2.00 P.M.	....
4.00 P.M.	MEDITATION PROGRAMME
6.30 P.M.	....
8.00 P.M.	....

Activity 3

Write the missing noun or verb.

Noun	Verb
announcer/announcement	announce
discussion	……………………
……………………..	meditate
devotion/devotee	……………………
…………………………	deliver
information	…………………..
…………………………	celebrate

Activity 4

Write the missing adjective or adverb.

Adjective	Adverb
special	specially
unfortunate	……………………
devoted	…………………..
annual	……………………
necessary	……………………

Activity 5 - Listening

You will hear an announcement. Listen to it and select the correct answer.

e.g. Programme: Sil programme / <u>Shramadana campaign</u>

1. Date: 29th of April / 5th of May
2. Time: 9 a.m. / 9 p.m.
3. Place: Buddhagaya Temple / Buduraja Vehera Temple
4. Cleaning tools: necessary / not necessary
5. Meals : will be provided / will not be provided

Activity 6 Group Work

Read the given announcement, then select one of the events given below and write an announcement. Read it to the class.

Announcement

We would like to remind our devotees that the Annual Final Rain-Retreat (Kathina) ceremony and Bodhi Pooja will be held at Kattakaduwa Temple on 21st April. It will start at 7.00 p.m. *The Perahera* with the Kathina Robe[1] will leave the temple premises at 4.00 a.m. The perahera will go around the village and return to the temple before sunrise.

[1]. Special robe made during the rain retreat

A Bodhi Pooja

Conducted by:
Venerable Galagama Chandrarathana
Venue: Siri Sumamna Temple, Homagama
Date : 12th March
Time : 6 p.m.

A Dhamma Sermon

Delivered by: Venerable Wewala Piyadassi
Date : Sunday, 27th November
Time: 4 p.m.
Place: Maha Vihara Temple, Anuradhapura

Vesak Poya Day Sil Programme

6.00 a.m- Observing Sil
7.00 a.m- Morning devotional programme
9.00 a.m- Meditation programme
11.00 a.m- Buddha Pooja
1.30 p.m. - Dhamma sermon – delivered by Venerable Ananda
3.00 p.m- Dhamma discussion
5.00 a.m- Concluding Sil observance (*Sil Pavarana*)

Activity 7 - Reading

Read the notice and answer the questions given in the Activity 03 of the work book Unit 1.

KNOW WHAT YOU BELIEVE

A Weekly Dhamma Discussion Programm**e** for Young Adults

Topics for discussion include:

- Developing Ourselves – The lif**e** of the Buddha
- Auspices in Life - Mahā Mangala Sutta
- Loving Kindness – Karaniyametta Sutta
- The Buddhist Path to Success – Sigālovāda Sutta

Every Sunday from 2 p.m. to 4 p.m. at the Mettarama Pirivena

Each discussion will be followed by a one-**h**our mediation session

All are Welcome!

Activity 8 - Pronunciation

Write words of your own in which the given letters are silent.

Silent "k"	Silent "h"	Silent "e"
knife	**h**onour	hom**e**



Poson Poya day celebrates the introduction of Buddhism to Sri Lanka. Sri Lankan Buddhists believe that it was the day that Arahat Mahinda Thero arrived in Sri Lanka and met King Devanampiyatissa who was out hunting. This historical meeting between Arahat Mahinda Thero and King Devanampiyatissa took place on a high rock called Mihintale. This meeting happened 236 years after the Passing Away of the Buddha. On that particular day, while the King went out hunting in Mihintale, all at once he heard somebody calling him by his name "Tissa, Tissa". He looked around in surprise and wondered who could be so bold as to call the King by his name. Then he saw Arahat Mahinda standing on the rock with the other monks. He dropped his bow and arrow immediately. The King asked Arahat Mahinda who he was and why he was here. To which Arahat Mahinda replied that he was the son of Emperor Ashoka and he had come here out of compassion for the King. Arahat Mahinda also said that he was here to preach the Dhamma of the Buddha to the people of this country. After explaining this to the King, Arahat Mahinda began to ask the following questions.

Arahat Mahinda Thero	: Oh! King, what is this tree?
King	: It's a mango tree, Venerable Sir.
Arahat Mahinda Thero	: Are there any more mango trees?
King	: Yes, Venerable Sir, there are many more mango trees.
Arahat Mahinda Thero	: Are there trees other than this mango tree and those other mango trees?
King	: Yes, Venerable Sir, but they are not mango trees.
Arahat Mahinda Thero	: Are there any trees other than those mango trees and the other trees?
King	: Yes, Venarable Sir, it's this mango tree.
Arahat Mahinda Thero	: Oh! King have you any relatives?
King	: There are many.
Arahat Mahinda Thero	: Are there any others who are not your relatives?
King	: Yes.
Arahat Mahinda Thero	: Is there anybody else other than your relatives and those who are not related to you?
King	: Yes, Venerable Sir, there's myself.

After this discussion Arahat Mahinda Thero was convinced that the King was intelligent enough to follow the Dhamma.

Activity 9 - Reading

Answer the following questions.

1. Why is the Poson Poya important for Sri Lankan Buddhists?
2. When was Buddhism introduced to Sri Lanka?
3. Who brought Buddhism to Sri Lanka?
4. Where did Arahat Mahinda Thero and King Devanampiyatissa meet?

5. Why do you think Arahat Mahinda Thero asked the above questions from the King?

Activity 10 - Writing

Use the given facts and write a short description about Arahat Mahinda Thero.

– born in India
– son of King Dharmashoka
– brother of Sanghamiththa Theri
– brought the message of Buddhism to Sri Lanka
– arrived in Sri Lanka in the 3rd century B.C
- came with six others …
– preached Dhamma

Learning Point

Reference (Back and Forward)

Read the following sentence.

I. When King Devanampiyatissa heard someone calling ***him*** "Tissa", ***he*** looked around in surprise.

- In this sentence the two pronouns ***him*** and ***he*** refer to King Devanampiyatissa. The reader has to look back to understand what they refer to.

II. When ***he*** heard someone calling ***him*** "Tissa," King Devanampiyatissa looked around in surprise.

- In this sentence also the two pronouns ***he*** and ***him*** refer to King Devanampiyatissa. The reader has to look forward to understand what the pronoun ***he*** refers to.

Activity 11 - Grammar

Read the sentences and write what the underlined words refer to.

1. Grandmother hurried to the temple as she did not want to be late for the Dhamma discussion.

   she - …………

2. As he entered the gate of the school, Naradha heard the bell ring.

   he - ………………..

3. Meditation is good for you. It helps to reduce stress.

   It - ……………………

Our Friendly Environment 2

A VISIT TO YALA NATIONAL PARK



Activity 1
Act Out

Grade 5 students of Sri Isipathana Pirivena visited Yala National Park for their annual trip.

Rohitha : It's very hot here, isn't it? I'm already sweating.
Venerable Chandima: Don't think about the heat. Enjoy the beauty of the forest.

Udaya : Haven't you got a cap, Rohitha?

Rohitha : **No, I haven't**.

Venerable Sobhitha : Then, let's move over there where it's shady.

Udaya : Look! There's an elephant **splashing** about in that lake.

Rohitha : Fantastic. There's a baby elephant close by.

Venerable Chandima: Look over there. Do you see that giant **squirrel** on that tree?

Rohitha : Wow! It's really big. I've never seen **one** that big before.

Udaya : Doesn't the water in that **stream** look very clean?

Venerable Chandima: Yes and look, there's a herd of deer coming to the waterhole.

Venerable Sobhitha : Can't we take some photographs? Rohitha, have you brought your camera?

Rohitha : **Yes, I have**. And I'll take some photos.

Venerable Sobhitha : Do you know that this is the first time I've visited Yala?

Rohitha : No, would you like to come again?

Venerable Sobhitha : Yes, I'd love to.

Activity 2 - Speaking and Reading

First answer the following questions orally and then write the answers in your writing book.

1. Who visited the Yala National Park?
2. What was the weather like?
3. What did they see there?
4. Who had brought a camera?
5. Who visited the park for the first time?
6. Write words with consonant clusters from the above conversation.

Activity 3 - Pronunciation

Add the correct consonant clusters to complete the word. Then write the word in the given space.

scr / str / spl / squ

- My sister saw a snake and let out a ………… eam. (……)
- I don't think he has the ……..ength to lift that log. (……)
- Mother gave my hand a big ………eeze. (……)
- We heard the hinges of the door ……….eak. (……)
- He dived into the water and made a big ……ash. (……)

Learning Point

Substitution and ellipsis are common technical devices used to avoid unnecessary repetition in sentences.

Ellipsis is:

- the omission of a word or words from speech or writing that are not necessary for a phrase to be understood.

Examples:

- Are you ready?
  Yes, I'm ready. (**full form**) → Yes, I am. (**ellipted form**)
- Are you a teacher?
  No, I'm not a teacher. → No, I'm not.
- Do you speak Pali?
  Yes, I speak Pali. → Yes, I do.
- Do you play cricket?
  No, I don't play cricket. → No, I don't.
- Have you eaten durian ?
  Yes, I have eaten durian. → Yes, I have.
- Have you been to Jaffna?
  No, I haven't been to Jaffna? → No, I haven't.

Activity 4 - Grammar

Shorten the underlined sentences to form elliptical sentences.

1. A : Do you know the way to the Yala National Park?
   B : Yes, I know the way to the Yala National Park. – Yes, I do.

2. A : Is that a crocodile?
   B : Yes, it is a crocodile. - ....

3. A : Are you Sahan's brother?
   B : No, I'm not Sahan's brother. - ....

4. A : Have you ever seen an eagle?
   B : No, I haven't seen an eagle. - ....

5. A : Does he play the violin?
   B : Yes, he plays the violin. - ....

6. A : Do elephants take care of their young?
   B : Yes, they take care of their young. - ....

Substitution

Substitution is replacing a word or a word phrase with another word (one, some, any…) to avoid repetition.

Read these sentences.

Do you see that giant squirrel on that tree?
I've never seen **one** that big before.

- The word ***one*** refers to the giant squirrel.

Activity 5

Complete the sentences with the given words.

one some any ones

I. I went to buy sugar, but they didn't have …………
II. If you need sugar, I'll give you ……………
III. Is that a giraffe? I've never seen …………… before.
IV. "Those roses are lovely. Yes, specially the yellow ………. "

Activity 6 - Reading

Match the words with their meanings.

Words	Meanings
1. sanctuary	found only in a particular country or region
2. endemic	an area where wild birds or animals are protected
3. destination	the natural environment where an animal or plant lives
4. habitat	place that someone is going to
5. endangered	move about freely
6. roam	needing great energy and effort
7. strenuous	in danger of being hurt or destroyed



The Yala National Park is one of the largest national parks in Sri Lanka. Located 260 kilometres south east of Colombo, it lies over the Southern and Uva provinces covering about 378 square miles. Yala is a prominent ecotourism **destination** which attracts a vast number of local and foreign tourists.

Yala is the natural **habitat** of many different varieties of animals and birds. It provides shelter to 44 varieties of mammals and 215 species of birds. Elephants, leopards, sloth bears, spotted deer, sambars, jackals, crocodiles and peacocks are some of them. Among them, there are a number of bird and animal species endemic to Sri Lanka, including the Sri Lankan leopard (*Panthera pardus kotiya).*

Yala was named a wildlife **sanctuary** in 1900 and a national park in 1938. It is a place where wild animals are protected and allowed to **roam** free. It is a **strenuous** task to maintain a balanced ecosystem and take care of **endangered** species. Therefore, it is the duty and the responsibility of the visitors to abide by the rules and not invade the privacy of the wild animals.

Source: http://yalasrilanka.lk/

Activity 7 - Reading

Read the text and answer the questions.

1. What is the national park mentioned in the text?
2. How many square kilometers does it cover?
3. Name some of the animals that live in the national park.
4. Name an animal endemic to Sri Lanka that lives in the park.
5. In which year was it named a wildlife sanctuary?
6. What should we keep in mind when visiting the park?

Activity 8 - Listening

You will hear an announcement made at a national park. Listen to it and number the signs in the order you hear about them. The first one is done for you.







1







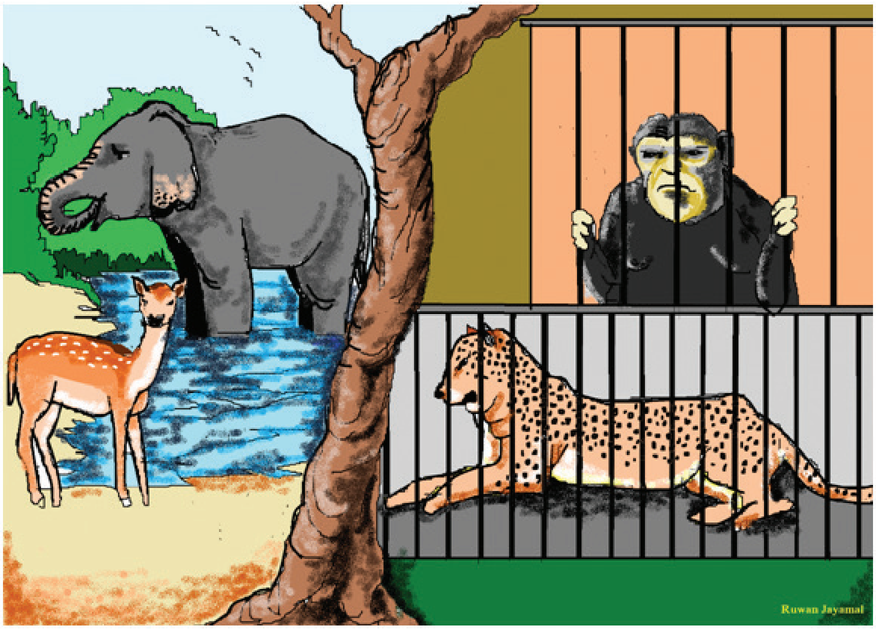
source: http://yalasrilanka.lk/

Activity 9 - Speaking

Step I

Here are two different pictures of animals in different places. Get into groups and have a discussion about the pictures. You may use the words from the box.

cage	natural habitat	free	food	affection	
fresh water	fresh air	lonely	roam	hunt	safe



Step II

Now write sentences comparing the two pictures.

e.g. The animals are in the second picture in cages while the animals in the first picture are roaming freely.

Activity 10 - Reading

Read the poem and answer the questions.



1. What is this poem about?
2. What is soaring in the air?
3. Write the line that speaks about the colours and the scents of flowers?
4. Where does the water flow?
5. What grows high into the sky? What does the poet mean by this phrase?
6. Find a word that rhymes with the word 'there' from the poem.
7. What is the message the poet is trying to convey in this poem?

Activity 11 - Writing

Write an article for a magazine about the Asian elephant using the given information.

Lives in south and Southeast Asia – India, Nepal, Sri Lanka, Java Sumatra island in Indonesia. **Physical description- big animal, smaller than the African elephant, big ears, small eyes, trunk, some have tusks** **Food- vegetation- (small plants, shrubs, fruit, tree bark, sugar cane, *Kitul,* coconut leaves)** **Habits- lives in herds, deep family bonds, calves are raised and protected by their mother and the herd** **Used by humans for lifting heavy logs, religions and cultural activities like Processions, transportation (mainly in the past)** **Conservation Status – endangered due to loss of habitat, deforestation, poaching for ivory**

Activity 12 - Speaking

The Buddha was the greatest environmentalist in the world. Buddhist teachings discuss many facts about protecting the environment. Collect some facts and deliver a sermon on the topic "Buddhism and Our Environment."

You may include the facts given below.

- The Buddha's attitude towards the well-being of all living creatures

  The first of the five precepts – *I refrain from killing any living creature.*

- The Buddha admired eco-friendly deeds- "Those who construct parks, groves, plant fruit trees and grow forests, build bridges and supply drinking water, provide shelter etc. acquire merit by day, by night, forever and ever.– *Vana ropa Suttta. Samyutta Nikaya*

- Buddhist ethics regarding the protection of (flora and fauna) plants and animals – rules for the Buddhist community
    - Refrain from cutting down branches of trees
    - Refrain from urinating, passing stools or spitting where there is water
    - Refrain from urinating, passing stools or spitting on grasslands

- The importance of planting trees

- Many important events connected with the Buddha's life occurred in beautiful natural surroundings (Birth –at Lumbini park; Enlightenment-under the Bodhi tree; the first sermon – at Isipathana deer park; *Parinibbhana*- in Kusinara Sal grove)

Buddha's Disciples 3

Activity 1
Act Out



The students of Mahanama Pirivena in Dehiattakandiya are going on a trip to Trincomalee. Now they are at Thiriyaya Stupa.

Saman : What is the name of this stupa?

Teacher : Thiriyaya Stupa.

Saman : This is a marvellous place, isn't it, teacher?

Teacher : Of course, do you know the historical value of this stupa?

Saman : No teacher, this is my first visit to this place.

Teacher : Actually this is the first stupa built in Sri Lanka. It was built by two traders Tapassu Balluka, in the 8th century B.C.

Vipul : Are there any relics enshrined here?

Teacher : Yes, the Buddha's hair relic is enshrined here. As we have many other places to visit, shall we go back to the bus?

Children : Ok, teacher.

Activity 2 - Reading

Read the dialogue and answer the questions.

1. What is the name of the pirivena mentioned in the text?
2. Where are the children going on a trip?
3. What is the place that they are visiting now?
4. Who built the stupa mentioned in the text?
5. What was enshrined in the stupa when it was built?

Activity 3 - Listening

Read the sentences by yourself first. Then, the teacher will read them out aloud. Listen to them and underline the words that are stressed.

e.g. This is the <u>first</u> stupa built in Sri Lanka.

1. This is the first stupa built in Sri Lanka.
2. Have you visited Sigiriya?
3. Have you visited Sigiriya?
4. We went to Anuradhapura by rain.
5. We went to Anuradhapura by train.

Activity 4 - Grammar

Read the following sentence.

The first stupa in Sri Lanka was built by the traders, Tapassu and Bhalluka in the 8^{th} century **B.C.**

Learning Point

Abbreviations and Acronyms

Abbreviation – a set of initials representing a name, organization where each letter is pronounced separately.

e.g., UK, BC, CD, UNO, WHO, RSVP

Acronyms - A word formed from the first letters of the name of something such as an organization. e.g.: Organisation of Petroleum Exporting Countries – OPEC. South Asian Association for Regional Cooperation - SAARC.

These are also called initialism.

Activity 5 - Grammar

Match each abbreviation or acronym with what it stands for.

UNICEF	The United Nations International Children's Emergency Fund
USA	Automated Teller Machine
BC	Please Turn Over
ATM	United State of America
NASA	Very Important Person
YMBA	Intelligent Quotients
VIP	Young Mens' Buddhist Association
IQ	World Wide Web
PTO	National Aeronautics and Space Administration
WWW	Before Christ

Activity 6 - Pronunciation

Find words with consonant clusters used in the mid position of the word from the dialogue.

e.g.: tea<u>ch</u>er



Two Good Friends

Once upon a time there were two villages called Upatissa and Kolitha. These two villages were close to the city of Rajagaha.

The headman of each village was known by the name of the village. Their two sons were also called Upatissa and Kolitha. They were best of friends. **Both** of them were enjoying life, doings things like watching dramas, going to festivals and learning about new things. Finally, they got tired of all these and began to look for ways to find greater happiness.

Near Rajagaha, there was an ascetic called Sanjaya. The two friends decided to meet him to get some advice. However, after speaking with him, they realized that they were not satisfied with his teachings. They felt that they wanted to know something more. So they decided to set out on two different routes in their quest to find the Truth. They promised each other that the one who succeeds in finding the Truth would let the other know about it.

Upatissa, who was travelling through Rajagaha, saw a monk going from door to door with an alms bowl. Upatissa was struck by the ascetic's look, for he had an extremely peaceful and serene look. Upatissa continued to observe him as the monk walked along the road and waited calmly until the people served food onto his bowl. The monk was calm and modest in everything he did. Upatissa decided to go to the ascetic and find out more about him.

After collecting the alms, the ascetic walked out of the city gates. Upatissa followed him and waited patiently till the ascetic finished his meals and asked him, "Sir, you look so calm and serene. Who is you teacher?" The monk answered, "There is a great ascetic from the Sakya clan. He is my teacher, it is his teachings that I follow and practise," the monk answered. " I am a newcomer to the Dhamma of the Buddha, I began to study the teachings of the Buddha quite recently. **Hence** I only know a little. I will tell you what I know in short," the monk said and he began to explain, "There is a cause for everything. If there is no cause, there's no result, this is the essence of what he teaches us."

The monk's name was Assaji. He was one of the first of five monks who was in attendance at the Buddha's first sermon. Venerable Assaji began to recite a Dhamma stanza in order to guide Upatissa in the correct path.

Upon hearing the first two lines, Upatissa attained Sotapanna. He thanked the monk and went to meet his friend Kolitha as he had promised. "I have found the truth of life," Upatissa said to Kolitha. Upatissa repeated the stanza which he hearfd from Venerable Assaji. On hearing the whole stanza, he too attained Sotapanna. Together they went to meet the Buddha who was at *Veluvanaramaya*.

When they arrived at *Veluvanaramaya*, the Buddha admitted them into the order on their request and entered into the Buddhist order. Later, they became the Chief Disciples of the Buddha. Upatissa came to be known as *Sariputta* and Kolitha as *Moggallana*.

[3.] The first stage of arahantship

Activity 7 - Reading

Answer the following questions.

1. Who was Kolitha?
2. Who was Upatissa?
3. To whom did they go first to find happiness?
4. Were they successful in finding happiness?
5. Who was the monk that Upatissa met?
6. What did he notice about the ascetic?
7. Where did they go to meet the Buddha?
8. What were their names and titles in the order of the Sangha?

Learning Point

Conjunctions

Conjunctions are used to connect:

- **two words**

  e.g. Kolitha **and** Upatissa were good friends.

- **a group of words (phrases)**

  e.g. The hermit meditated in the cave **or** under a big tree.

- **clauses**

  e.g. What you say **and** what you do are completely different.

- **sentences**

  e.g. **After** he collected the alms, the ascetic walked out of the city gate.

Activity 8 - Grammar

Join the following sentences using a suitable conjunction given in the box. Make the necessary changes in punctuation.

since/ because / till / although /before

1. He was sick. He didn't go to school.
2. I will wait. You come.
3. Wash your hands. You take your meal.
4. We went there on time. They had already left.
5. Saman didn't pass the examination. He didn't work hard.

Activity 9 - Writing

Write the story of *Arahat Angulimala* using the information given. Add more information of your own.



- son of *Bhaggava* and *Mantani*
- real name:*Ahinsanka*
- sent to Taxila to study
- was loyal to his teacher
- his teacher asked him to bring him a garland of a thousand fingers
- began to cut fingers of people
- became known as *Angulimala*[5]
- his mother heard about his actions
- she went to the jungle in search of him
- by this time, *Angulimala* had collected 999 fingers and was looking for a victim to collect the last finger and to fulfil his promise to his teacher.
- on that day, the Buddha wanted to find out (to whom he could be of help the most)

- The Buddha saw that *Angulimala* could commit matricide (one of five unredeemable sins in Buddhism)
- The Buddha stopped *Angulimala* from killing his mother
- threw his sword away and knelt down
- The Buddha blessed him
- attained the state of *Arahat*

5. A man wearing a garland of fingers

Activity 10 - Group Work

Talk about how the places mentioned below have contributed to the propagation of Buddhism by uplifting the education of Buddhist monks. You may make use of the given facts.

Anuradhapura Maha Viharaya	Nalanda Buddhist Monastery
• a Buddhist monastery • established by Arahat Mahinda thero in 236 B.C. during the reign of king Devanampiyatissa • situated in Maha Mahamevna park in Anuradhapura • a centre for *Theravada* Buddhism • housed and educated many Monks • initiated the Buddhist traditions and rituals in *pirith* chanting, wearing robes, religious rituals/ under the Mahavihara tradition • one of the prominent pirivenas in southern or eastern Asia in the 5th century • the famous scholar Buddhaghosa Thero resided here and wrote *Visuddhimaggha* and translated Tripitaka from Sinhala to Pali	• situated in Maghadha kingdom (modern-day Bihar) in India • founded in the 5th century BC • a Buddhist centre of learning • consisted of a library with many volumes of Buddhist literature • Buddhist scholars from Asian countries (Tibet, Laos, China etc.) visited and studied in this university • subjects such as management, astrology, and languages were also taught • provided practical education • reached its peak in the 7th century AD • housed more than 10,000 students

Activity 11

Read the poem and answer the questions.

Ozimandias

I met a traveller from an antique land,
Who said—"Two vast and trunkless legs of stone
Stand in the desert. . . . Near them, on the sand,
Half sunk a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them, and the heart that fed;
And on the pedestal, these words appear:
My name is Ozymandias, King of Kings;
Look on my Works, ye Mighty, and despair!
Nothing beside remains. Round the decay
Of that colossal Wreck, boundless and bare
The lone and level sands stretch far away."

1. Where did the traveler come/return from?

....
....

2. What did the traveler see in the desert?

....
....

3. Describe the face of the statue.

……………………………………………………………………………
…………………………………………………………………………

4. What does the face of the statue say about its sculptor?

……………………………………………………………………………
…………………………………………………………………………

5. What is written on the pedestal?

……………………………………………………………………………
…………………………………………………………………………

6. What can be seen in the area surrounding the ruins?

……………………………………………………………………………
…………………………………………………………………………

7. This poem conveys a message which is closely connected with the Buddhist philosophy. Can you guess what it is?

……………………………………………………………………………
……………………………………………………………………….....

8. What are the rhyming words found in this poem?

……………………………………………………………………………
…………………………………………………………………………

9. Find examples from the poem for these figures of speech.

I. Alliteration: ……………………………………………………

II. Irony: …………………………………………………......………

III. Hyperbole:……………......…………………………………………

Buddhism and the World

4

"He who is virtuous lives happily both in this world and in the next."

-The Buddha




Activity 1

Act Out

Venerable Sumedha who is from a Buddhist Vihara in the U.S.A. is at the **United States Citizenship and Immigration Services**. There he meets Mr. Jayaweera.

Venerable Sumedha: Hello, Mr. Jayaweera. What are you looking for? You seem to be lost.

Mr. Jayaweera : Well, yes. I'm looking for the visa extension section. It's supposed to be on the **first floor,** but I couldn't find it.

Venerable Sumedha: This is the **second floor.** You have to go down.

Mr. Jayaweera : To the **ground floor**? Of course! I still keep forgetting that some British and American terms are different.

Venerable Sumedha: I know and sometimes, it can even put you off, especially if you are in a hurry to get something done.

Mr. Jayaweera : How can there be so many differences between British and American English? After all, a majority of the people in these two countries speak English.

Venerable Sumedha: That's true. **Nevertheless** there are many differences between the two Englishes they speak. In fact there are differences in vocabulary, spelling and even in grammar.

Mr. Jayaweera : **However,** the most noticeable differences are in vocabulary, aren't they?

Venerable Sumedha: I think so.

Mr. Jayaweera : For example, in American English *pavement* is *sidewalk*. *Hand luggage* is *baggage*. I'm still trying to get the hang of it.

Venerable Sumedha: I can understand. Come, I'll take you to the visa counter. Shall we take the stairs or would you rather wait for the lift, or the elevator as the Americans call it?

Mr. Jayaweera : Let's take the stairs.

Venerable Sumedha: By the way, are you coming to the Dhamma sermon this Sunday evening, Mr. Jayaweera?

Mr. Jayaweera :Yes. I'll be there.

Activity 2 - Reading

Read the conversation and complete the paragraph.

Recently, Venerable Sumedha went to the United States Citizenship and Immigration Services. There he ……………. another Sri Lankan, Mr. Jayaweera. Mr. Jayaweera was trying to find the …………………... Venerable Sumedha reminded him that the *first floor* in American English refers to the ……………………… in British English. Together, they briefly discussed the ………………… between British and …………….. English. Then Venerable Sumedha offered to accompany Mr. Jayaweera to the visa counter.

1. **Find and write the American English terms for these words from the conversation.**

    I. the ground floor

    II. pavement

    III. lift

    IV. luggage

2. **Underline the meanings of the idiomatic phrases given in bold.**

    I. It can sometimes **put you off.** (make you happy when doing something, discourage you from doing something)

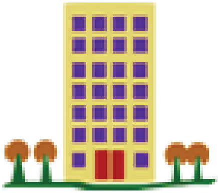
    II. I'm still trying to **get the hang of it.** (learn how to hang something, learn how to do/ use something)

Activity 3 - Grammar

Select and write the American English terms for the given British terms.

line, apartment. candy, drapes, soccer

sweets		....

queue		....
flat		....
football		....
curtains		....

Activity 4

Select and write the words from the list that have different spellings to British English.

British English	American English
-our	-or
colour	....
neighbour	....
harbour	....
favourite	....
-re	-er
theatre	....
centre	....
metre	....
-ae / oe	-e
encyclopaedia	....
paediatric	....
-ise	-ize
organise	....
analyse	....

favorite
neighbor
analyze
organize
harbor
color
encyclopedia
theater
center
pediatric

Learning Point

Pronunciation differences between British and American English

In British English when the letter *r* comes after a vowel within the syllable, the *r* is not pronounced. But in American English the letter *r* is slightly pronounced.

Activity 5 - Pronunciation

Read these words aloud with your teacher.

Word	British English pronunciation	American English pronunciation
Farm	/fɑːm/	/ fɑːrm/
Birth	/bɜːθ/	/bɜːrθ/
Turn	ˈ/tɜːn/	/tɜːrn/
Learn	/lɜːn/	/lɜːrn/
Car	/kɑː(r)/	kɑːr/
Clever	/klevə(r)/	/ˈklevər
Other	ˈ/ʌðə(r)/	ˈʌðər//

However, in British English the letter ***r*** is pronounced slightly in words that end with an ***r*** or an ***re*** when these words come before a vowel.

Far away -------- /fɑːrəweɪ/

More ice-------- /mɔːr aɪs/

Activity 6 - Reading and Pronunciation

Read these phrases and underline them if the letters ***r***/***re*** in them are pronounced. Then read the phrases aloud.

after all	after that	car trouble
here are	better off	far too much
for instance	four eggs	four hats
more or less	far and wide	as a matter of fact
here and there	a number of	better not

Learning Point

Idiomatic Expressions

An expression which funtions as a single unit whose meaning cannot be guessed from those of the individual words which form the particular expression.

Examples:

- He's ***on the fence*** about going on the pilgrimage - undecided
- Don't believe him. He is just ***pulling your leg*** - fool or trick
- I tried to make out the instructions but it's all ***Greek to me*** - difficult to understand
- You have to be patient. Success cannot be achieved ***in the twinkling of an eye.*** - instantly, immediately
- Ruwan and Vimal are always arguing. They don't ***see eye to eye*** in anything. - agree

Activity 7 - Reading

Match the expressions with their meanings.

1. once in a blue moon
2. piece of cake
3. cost an arm and a leg
4. can't judge a book by its cover
5. throw something down the drain
6. throw in the towel

A. very expensive

B. can't judge some things mainly on appearance

C. work that is very easy

D. happens very rarely

E. to quit

F. to waste something

Activity 8

Complete the sentences using the idioms used in Activity 7

1. A: Have you already finished the test?

   B: Of course. It was a ……………………………………..

2. A: My business is running at a loss. I'm thinking about closing it down.

   B: Be patient and try a little harder.

   Don't …………………………………….. yet.

3. A: Did Mr. Suraweera buy that huge house?

   B: Yes, he did. It …………………… him ………………, though.

4. A: Have you heard from Abaya recently?

   B: Not at all. He writes …………………………… since he moved to Polonnaruwa.

Activity 9 - Reading

This is the sermon delivered by Venerable Sumedha mentioned in the conversation above. Read it aloud.

Good evening and may the Triple Gem bless you! Today, I would like to talk about an important Buddhist teaching. It is about a quality that is much needed in the present world. The topic of my sermon today is *metta. Metta* in *Pali* means benevolence or loving- kindness.

The Buddha said,

Na hi verena verāni-sammantidha kudacanaṃ
averena ca sammanti-esa dhammo sananttano

This verse from the *Dhammapada* means "Hatred is never appeased by hatred in this world. It is appeased only by non-hatred. This is an eternal law."

Why is loving-kindness important in the world today? That's because the lack of it has caused much suffering and destruction in society. Every day, we see and hear about many cruel or unkind deeds such as assaults, murder, bombing etc. These crimes are committed due to anger or hatred, because people don't practise loving-kindness as much as they should.

Anger is no stranger to human beings. We get angry when we feel we have been wronged. We feel as if a great injustice has been done to us and we think we need to retaliate. **However**, according to Buddhism, there is no just or righteous anger. Anger is bad. Anger is a human weakness. There may be times when we find that it's difficult to control our anger. **Nevertheless,** we must try to get rid of it. And the way to control anger is to practise loving- kindness.

How can we develop loving - kindness? Is this an easy task? No. It's so easy to get angry, isn't it? If so, how can we prevent it? Think for a moment. Are we perfect? No, we are not. We make mistakes. Then so do others. **But** do we try to be understanding of the other's mistakes and shortcomings? No**, on the contrary,** we get angry and seek revenge. Stop! Think! Others make mistakes too. No one is perfect. So try not to get angry. Try to forgive and forget.

So, do we like suffering? No. We like to be happy. So do others. Everybody likes to be happy. So abstain from harming others in anger. Don't do anything to others that you don't like to be done to you. Practise loving –kindness. As the Buddha said "Think with loving thoughts, speak with loving words and act with loving kindness". *Metta Bhavana* or developing loving kindness to all living things is the way to get rid of anger. Try to practise *Metta Bhavana* at least a few minutes a day. We can practise it like this:

May I be happy, healthy and free from worries! May I live long!

May my family, like myself, be happy, healthy and free from worries! May they live long!

May my relatives, friends and enemies, like myself, be happy, healthy and free from worries! May they live long!

May all human beings, like myself, be happy, healthy and free from worries! May they live long!

May all living beings, like myself, be happy, healthy and free from worries! May they live long!

This is the way to practise loving-kindness. How does practising loving-kindness help us? The Buddha said if a person practises *Metta Bhavana,* he is free from fear. He sleeps happily and wakes up happily. He would also die happily and be born into a happy abode. A great peace will come upon you.

Today, we talked about the value of loving –kindness. You have attentively listened to this Dhamma that is beautiful in the beginning, middle and the end. But listening alone is not enough. Take this message and apply it to your life. May the Triple Gem bless you.

Source: English Dhamma Sermon-most ven.Balangoda Ananda Maitreya Thero

https://www.youtube.com/watch?v=uirHkgN-pao

Activity 10 - Speaking

Group Work

Imagine you were invited to give a sermon to introduce Buddhism. Prepare a sermon titled "What is Buddhism?" and deliver it to the class. You may make use of the given facts.

You may base your sermon on the sutra,

Sabba pāpassa akaranaṃ,
Kusalassa upasampadā,
Sacitta pariyodapanaṃ,
Etaṃ Buddhānusānaṃ.

Avoid all evil,
Cultivate the good and the true,
Purify your mind,
This is the teaching of all the Buddhas

Include information that would answer questions like: What is evil/bad? What causes evil, how to refrain from evil?

What is good? How to do good? How to purify our mind?

Activity 11 – Writing

Write a short article to a Buddhist newspaper/magazine based on the above sutta using the given facts.

Activity 12 - Reading

(a) Read the title and look at the pictures.

I. Who do you think is the narrator of this story?

II. To whom was it told?

III. Who do you think are the characters of the story?

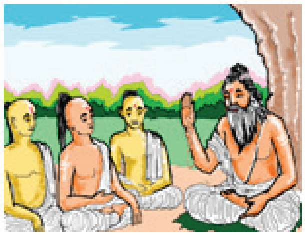
IV. What do you think has happened to the goat?

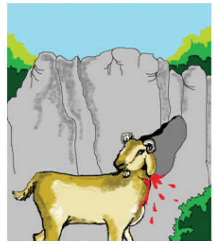
V. Do you think this story teaches a moral?

Now, read the story and check your answers. How many have you guessed correctly?

Matakabhatta Jataka







Once the monks asked the Buddha if there was any good in offering animals as sacrifices to the dead. The Buddha replied that no good ever comes from taking the life of any living being and narrated this story.

Once upon a time in the city of Baranasi, there was a Brahmin. One day, he decided to make a sacrifice to the dead. Therefore, he brought a **goat** and asked his students to bathe it and decorate it with a garland. The students took it down to the river and began to bathe it. **However,** while they were bathing it, the goat began to laugh. Then, in a little while, it began to cry. The students were amazed by this behaviour and asked the goat the reason for it. **But** the goat told them that it would answer the question only if they took it to the Brahmin. Therefore the students took the goat to their teacher and told him the story.

The Brahmin was also puzzled by the goat's strange behaviour. He asked the goat the reason for it.

"In one of my past lives," the goat said, "I was a **human".** "I was **also** a Brahmin like **you.** I too once killed a goat and sacrificed it to the dead. But I didn't get any blessing for it. **On the contrary,** I had my head cut off four hundred and ninety nine times. I laughed when I realized that this was my last birth as an animal to be sacrificed. **However,** I felt sad when I realized that you too would suffer the same fate for killing me. That's why I cried."

"Then I will not kill you," said the Brahmin. "**Moreover,** I will protect you."

"That may be so," said the goat. "**But** I cannot escape death. I have to pay for my sins."

Nevertheless, the Brahmin was determined to protect the goat. He freed it and asked his students to keep an eye on it. The goat began to graze near a rock. At that moment lightning struck the rock. A sharp piece of rock broke off from the rock and cut off the goat's neck. The Brahmin and his students were horrified by this incident.

A tree deity was observing the incident from his tree. He appeared before the men and explained the terrible consequences of killing. Then he urged them not to do so but to engage in meritorious deeds.

The Buddha concluded the Jataka story saying "In that past life, I was the tree deity."

(b) **Answer these questions.**

I. Why did the Buddha narrate this Jataka story?

II. What did the Brahmin plan to do when he brought a goat?

III. What did the goat do when the Brahmin' s students were bathing it?

IV. What is the lesson taught in this story?

V. Which of these proverbs best describes the lesson taught in this story?

- As you sow, so shall you reap.
- Better be safe than sorry.

VI. Find and write words from the text that begin with or consist of these consonant blends.

br pr cr gr

Learning Point

Cohesive Devices



Cohesive devices are used to show how ideas are related to each other in a text. They are used to link ideas (different relationships) in a logical order. Cohesive devices can be used within a sentence or to link ideas in separate sentences or paragraphs.

Some cohesive devices used for contrast are:

but	**however**
nonetheless	**nevertheless**
on the contrary	

e.g:

- The patient is recovering well. **However**, he needs to stay in hospital for a few more days.
- Climbing the mountain was hard. **Nevertheless**, we didn't give up.
- " Did our singing disturb you?"

  "Not at all. **On the contrary**, I enjoyed it."
- The weather was cold. **Nonetheless**, they went hiking.
- The office was open, **but** there was nobody at the reception desk.

***Please note that sometimes cohesive devices can be used inter changeably.**

- The patient is recovering well. **However,** he needs to stay in hospital for a few more days.
- The patient is recovering well, **but** he needs to stay in hospital for a few days.

Activity 13 - Grammar

Connect the sentences using <u>but,</u> <u>however,</u> <u>on the contrary</u> or <u>nevertheless</u>.

I. I dropped the glass. …………… it didn't break.

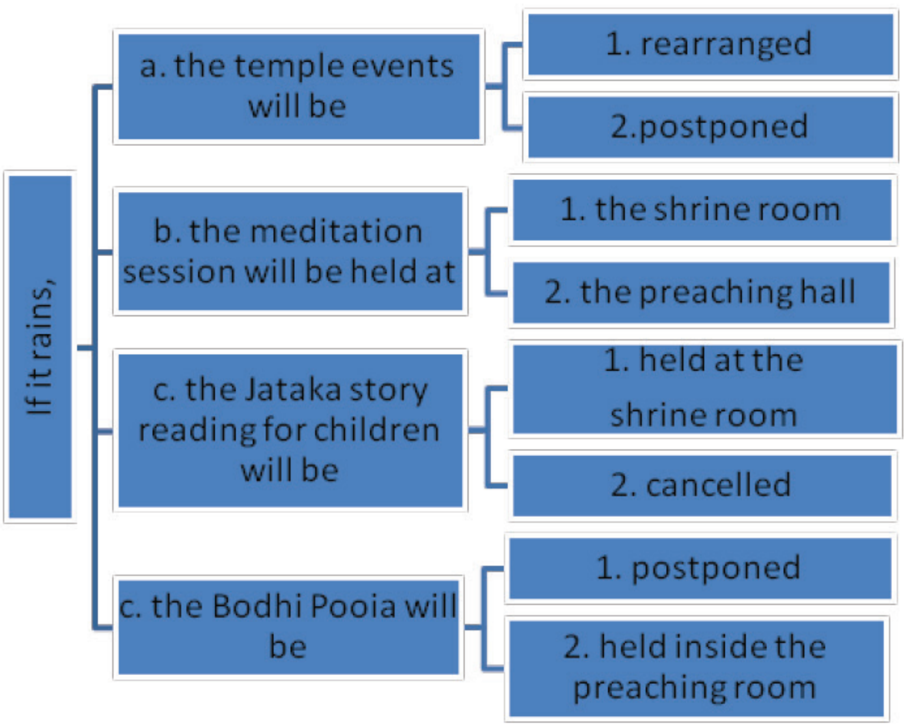
II. The little boy tried to lift the suitcase ………………….. it was too heavy for him.

III. "Was the exam difficult?" "No. …………………….. it was quite easy."

IV. The train journey was a little tiring. …………… we enjoyed it.

Activity 14 - Listening

Sri Samadhi Vihara conducts many Buddhist activities for the betterment of the society. In this listening text, two monks from the temple, Venerable Nanda and Venerable Rahula are discussing the possible changes to the plans in the temple activities. Listen to it and select the correct answer.



Health is Wealth 5

"Health excels all gain."
-The Buddha



Activity 1
Act Out

Some friends of Sri Mahanaga Primary Pirivena, Tissamaharama have met each other before their classes start in the morning.

Gayan :- What's that article you're reading?

Sanju :- It's about the health risks of being overweight.

Gayan :- You mean obese?

Sanju :- Well, not all people who are overweight are obese.

Gayan :- What do you mean?

Sanju :- I mean, all of us can put on some weight. It's natural, but we shouldn't let ourselves put on too much weight. Otherwise we might end up becoming ill.

Gayan :- How do you become ill?

Sanju :- When your body cannot hold your weight, your heart and other organs will have a hard time working properly. So you'll have illnesses like diabetes and strokes.

Sanju :- In that case, isn't health more important than wealth?

Janith :- Yes, you're right.

Gayan :- Why do you think so ?

Janith :- Because any healthy person can earn wealth.

Gayan :- Then what about wealth? Don't you need money to live?

Janith :- Yes, you are right but even if you are wealthy you can't be happy if you're not healthy.

Sanju :- We can't forget the words of the Buddha *'Arogya Parama Laba'*,

Gayan :- Do you know what it means?

Sanju :- Yes, "health excels all gain."

Gayan :- Does that mean you have found the answer to what you have been thinking about?

Sanju :- I think so.

Activity 2 - Reading

Answer the following questions.

1. Who are the friends in the above conversation?
2. What are they talking about?
3. How does putting on too much weight lead to illness?
4. What is the Buddhist saying mentioned in the conversation?
5. What does it mean?

Learning Point

➢ **What is word stress?**

"Word Stress" is pronouncing one syllable of a multi syllabic word with greater emphasis (stress) than the other syllables in the word.

➢ **Why do we stress words?**

Words are mainly stressed to differentiate the meaning of words. According to the stressed syllable, we can determine the word class too. In addition, the flow of speech is ensured.

➢ **What are the word stressing rules?**

1. Stress the first syllable of:

- Most two-syllable nouns (examples: CLImate, KNOWledge)
- Most two-syllable adjectives (examples: FLIPpant, SPAcious)
- Most two-syllable verbs (examples: reQUIRE, deCIDE)

2. Stress the second syllable of:

- Words that end in -ic (examples: ecSTATic, geoGRAPHic)
- Words ending in -sion and -tion (examples: exTENsion, retriBUtion)
- Words that end in -cy, -ty, -phy and -gy (examples: deMOCracy, unCERtainty, geOGraphy, radiOLogy)
- Words that end in -al (examples: exCEPtional, CRItical)

Keep these simple rules in mind and you will soon find your pronunciation getting better and better!

Activity 3 - Listening

Listen to the given words read by the teacher and circle the correct number of the stressed syllable of each word.

Word	Syllable Number			
reception	1	2	3	
comparison	1	2	3	4
potato	1	2	3	
bedroom	1	2		
fourteen	1	2		
forty	1	2		
delicious	1	2	3	
playful	1	2		

Learning Point

then, otherwise, in that case

These words are used to link ideas.

Examples:

* **Then,** what about wealth?

* **In that case,** isn't health more important than wealth?

* We shouldn't let ourselves put on too much weight. **Otherwise,** we'll end up becoming ill.

Activity 4 - Grammar

Insert *otherwise, then* or *in that case* where necessary.

1. Please hurry up; .... we will miss the bus.
2. First, I went to the bank and .... I went to the market.
3. A: Tomorrow is Monday. Traffic will be heavy.

   B: .... we should leave early.
4. First peel the potatoes and .... cut them into strips.
5. Bhathiya was ill, ... he would have attended the meeting.
6. Read the instructions in the manual carefully. .... you won't have any problems.
7. You must study well, ... the money you spent is useless.

Obesity

Obesity can be defined as a medical condition in which the amount of body fat in a person is sufficient to cause a negative effect on his or her health. One is considered obese if one's bodyweight is at least 20% higher than it should be. The measurement of that is the body mass index (BMI). Body mass index or the BMI is obtained by dividing a person's weight by the square of the person's height.

Obesity increases the likelihood of diseases such as heart disease, diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis.

Common causes of obesity are binge eating, frequent intake of sugary and fatty foods, fast food and abnormal eating patterns. Another cause is lack of exercise. Sedentary life style with too much TV and computer games could lead people to become overweight. Other causes are hereditary factors and effects of illness or drugs.

Obesity can mostly be prevented through a combination of social changes and personal choices. People should train themselves to control their desire for food. Parents can set up a good eating example for children to follow. Schools can also avoid selling foods that are unhealthy in canteens and supply healthy lunches without too much meat or oily food.

Activity 5 - Reading

Answer the following questions.

01 What is obesity?

02 What measurement is used to decide whether a person is overweight?

03 Name three diseases mentioned in the article.

04 What are common causes of obesity?

05 How can we prevent obesity?

Learning Point

Summarizing a Text

When summarizing a text:

- Read the text keeping the questions *what, where, who, when, why* and *how in* mind.
- Include the main points of the text.
- Avoid minor details.
- Use your own words.
- Try to summarize the original text up to 1/3 of its length.

Given below is a summary of the text "obesity". Read it comparing it with the original text.

Obesity is the accumulation of too much body fat, generally 20% or more of what is considered the healthy weight. Body Mass Index is the measurement used to determine it. Obesity could cause various life threatening medical conditions. Unhealthy eating patterns and lack of exercise are the major causes of obesity. Self-control, will power as well as parents and schools can play a major role in preventing obesity in addition to inculcating healthy eating habits.

Activity 6

Read the text given below. Then summarize it to about 1/3rd of the text.

Healthy Foods for Healthy Life

A balanced diet is important in maintaining our health. Therefore, we should make sure that we take a balanced diet. What is a balanced diet? A balanced diet contains all the main nutrients. They are carbohydrates, proteins, fats, minerals and vitamins. Drinking plenty of water is also important for a healthy life.

Sri Lankans generally take three main meals a day. They are breakfast, lunch and dinner. If we miss one of these meals regularly, it could lead to illnesses such as gastritis. Fast food could also be bad for our health as most of them contain a lot of artificial flavours, colorings and preservatives.

Growing fruit and vegetables in our home garden is important. We can get fresh fruit and vegetables free of chemicals without spending a lot of money. Besides, eating healthy food helps in preventing diseases too.

Learning Point

Blending

Sometimes, new words are formed by merging two words together.

e.g. breakfast + lunch = brunch (a meal usually eaten late in the morning combining both breakfast and lunch)

The resulting words are called blends.

Activity 7 - Grammar

Guess and match the following.

motor + hotel	electrocute
electric + execute	motel
smoke + fog	carjacking
car + hijacking	smog
camera + recorder	workaholic
work + alcoholic	camcorder

Activity 8 - Listening

Listen to the dialogues and circle the correct answer.

Problem	Suggested Solution
A has put on some weight.	i. going on a diet ii. jogging
Fruit and vegetables are full of pesticides.	i. buy organically grown vegetables ii. grow fruit and vegetables in our home gardens
Waste disposal is a big problem.	i. We should reuse things. ii. We should recycle things.
A has caught a cold.	i. He is going to a doctor. ii. He is going to drink a herbal medicinal drink like *Pas Panguwa.*

Activity 9 - Reading

The parts of a formal letter are given below. Read it and arrange the parts of the given letter in the correct order.

Return address Date
Recipient's address
The salutation
Subject
Body
Complimentary close
Signature Name and the designation of the sender

1

District Medical Officer

Base Hospital,

Hambantota.

2

Navoda Health Club,

Hambantota.

10-11- 2018

Dear Sir/Madam 3

Health Camp 4

5

Our Health Club is hoping to conduct a Health Camp for the school children and the parents in Mirijjawila and Weerawila areas. We have planned to have this health camp on 10th November at Nagavihara temple Mirijjawila from 8.00 a.m. to 4.00 p.m. We would be most grateful if you could send us a team of doctors for this programme.

We are looking forward to a favourable reply.

W. Saman Jayantha,

(The Secretary)

6

7

Thank you,

Your faithfully,

Activity 10 - Grammar

Rewrite the passage correcting the grammatical errors.

Sports for Healthy Life

Sports are very important for humans. It is help for our mental and physical health. From our childhood we does a lot of sports and games. Sports help to keep our body healthy giving by some exercises when we doing sports it make our body strong and help to grow well. When our body is free of sickness our mind also automatically become healthy. When we are engage in sports, it help us to develop team work and understand each other. Sports give us courage to accept both winning and losing. The new generation has becoming lethargy because they plays a lot of games with mobile phones and computers and as a result they contracts many diseases.

Activity 11 - Writing

Write an essay titled "How to achieve Physical and Mental Well-being through Buddhism."

Activity 12 - Speaking

Group Work

Using the facts of the essay (Activity 11) deliver a sermon to the class.

Festivals 6

Unity leads to peace; peace leads to happiness."
-The Buddha



Activity 1

Act Out

Venerable Sumedha meets James Smith, a student from New Zealand.

Venerable Sumedha: I hope you are enjoying your visit to our country, Mr. Smith?

Mr. Smith: Of course. You have a lovely country. I especially enjoyed your Sinhala and Tamil New Year celebrations. The sweetmeats were really tasty.

Venerable Sumedha: Thank you. How long will you be staying here?

Mr. Smith: Well, I'm studying the endemic animals of Sri Lanka. I'll be here for about a month.

Venerable Sumedha: Then you'll be able to see how we celebrate the Vesak festival as well. It's only two weeks away.

Mr. Smith:	Vesak? It's a Buddhist festival, isn't it?
Venerable Sumedha:	Yes. It is celebrated on the Vesak Full Moon Poya day, which falls in May.
Mr. Smith:	What is its significance?
Venerable Sumedha:	It was on this day that the three most important events in the life of the Buddha took place, that is, His Birth, Enlightenment and *Parinibbana,* which means Passing Away.
Mr. Smith:	How do you celebrate it?
Venerable Sumedha :	People engage in many religious activities. They also make colourful lanterns and put up beautiful pandals. These pandals mainly depict events and experiences connected with the Buddha's past lives.
Mr. Smith:	I'm looking forward to seeing the festivities. I'd also like to come to your temple to see the religious rituals. You wouldn't mind, would you?
Venerable Sumedha :	Of course not. We' d be happy to have you.

Activity 2 - Reading

1. Read the conversation and complete the sentences.

a. Mr. Smith is from ……………………………………

b. Mr. Smith is planning to stay in Sri Lanka for ....

c. The three important events in the life of the Buddha:
………………………………………., …………………………….., and
………………………… took place on the Vesak Full Moon Poya day.

d. Buddhists engage in ……………………………………… on Vesak day.

e. Pandals depict ………………………………………………………

2. Read the conversation again. Write the tag questions used after these utterances.

I. It's a Buddhist festival, …………………………….. ?

II. You wouldn't mind, ……………………………………?

Activity 3 - Grammar

Write the tag questions to match the utterances.

e.g. You are enjoying your holiday, <u>aren't you?</u>

a) You have made some Vesak lanterns, ……………………?

b) You didn't forget the camera, ……………………?

c) Sigiriya is a world heritage site, ……………………?

d) Sri Lankans don't drink a lot of coffee, ……………………?

e) Deepavali is a Hindu festival, ……………………?

f) You won't be late, ……………………?

Activity 4 - Listening

Listen to the news extracts. Do they express a fact or an opinion? Tick the correct column.

I.

	Fact	Opinion
1		
2		
3		
4		
5		

Activity 5 Speaking

Step I

After returning to his country, Mr. Smith gave a speech at his school about the Sinhala and Hindu New Year in Sri Lanka. Practise this speech.

Good morning. Today, I would like to share something from my recent holiday in the island paradise, Sri Lanka. I would like to tell you about the Sinhala and Hindu New Year, a national and cultural festival celebrated there.

It is celebrated by both the Sri Lankan Buddhists and the Hindus. This festival, its rituals and customs are closely linked with astrology. For example, it is believed that the dawn of the new year is marked by the movement of the sun from *Meena Rashiya*, that is the House of Pisces to *Mesha Rashiya,* the House of Aries. This is also a harvest festival for both the Buddhists and the Hindus.

There are many rituals that are observed at this festival such as lighting the hearth, cooking milk rice, eating the first morsels and engaging in the exchange of gifts and money. These rituals are all done according to an auspicious time. In addition, people spend a lot of time engaging in religious activities. I really enjoyed seeing so many people wearing new clothes and sharing sweetmeats with their relatives and neighbours. What was most memorable was the lighting of crackers that I heard right throughout the festival. The dawn of each of the auspicious times for the rituals is announced with the lighting of the crackers. They also play many traditional games at this festival.

In conclusion, I'd like to say that this festival is a wonderful blend of Sinhala and Hindu traditions and it's a unique festival which brings people together. I hope you enjoyed listening to me and that I would have generated enough interest in you to visit Sri Lanka, someday.



Step II

Use the given facts and speak about one of the festivals given below.

Christmas	• a Christian festival • marks the birth of Jesus Christ • celebrated on 25th of December • attend Mass in church • make sweetmeats (Christmas cake, puddings etc.) • sing carols and hymns, decorate Christmas trees • exchange presents
Deepavali	• a Hindu festival • called the Festival of Lights • falls between October and November • celebrated in honour of goddess Lakshmi- the Goddess of Wealth • signifies the victory of light over darkness, good over evil • light oil lamps, draw designs called *rangoli* on the floor • prepare sweetmeats • wear new clothes and visit friends and relatives

Ramazan (Id- al- Fitr)	• an Islamic festival • marks the end of the Ramadan fasting season • the date varies. Celebrated when the crescent moon is sighted. • engage in prayers and giving alms • prepare special dishes (watalappan, biriyani) • wear new clothes • share food with relatives, neighbours and friends

Activity 6 - Writing

Write a news article to a local newspaper about the national Vesak festival organized by the Ministry of Buddha Sasana.

Activity 7 - Pronunciation

The following words contain silent letters. Put them in the correct column.

fasten	whistle	mortgage	Christmas	apostle
ballet	debut	depot	castle	isle
column	solemn	condemn	island	hymn
listen	debris	aisle		

Silent *s*	Silent *t*	Silent *n*
Island	listen	hymn

Activity 8 - Writing

Read the notice given below. It looks more like a paragraph than a notice. Rewrite it improving its layout for easy reading. You may add or delete words, edit sentences and add bullets if necessary. You may also include certain details and separate points.(date, time, venue, events etc.)

> Sinhala and Hindu New Year Celebration "*Bakmaha Senakeliya"* will be held on Sunday, 20th April from 9 a.m. to 5 p.m at the Municipal Grounds. Raban playing, Climbing the greasy pole, tug-of –war, pillow fighting, marking the eye on the elephant, bicycle race and many more events and games will be held. We welcome all of you to this event.
>
> Secretary, Sandagama Young Buddhists' Association



Vesak Festival

Vesak is the most important Buddhist festival celebrated in Sri Lanka. This festival falls on the full moon Poya day in the month of May. This marks three important events in the life of the Buddha. They are the birth, the Enlightenment and the Passing Away or the *Parinibbana*.

Vesak day is dedicated to the spiritual development of an individual. Specially during this festival, Buddhists practise the art of giving by offering alms to the *monks* and the needy. This is because the Buddhists believe that by offering alms they practise the elimination of desire. Many people observe Sil on this day where they observe the eight or ten precepts that help them in disciplining themselves. All Buddhists go to temples to worship and engage in religious activities including listening to *Dhamma* sermons and practise meditation.

In addition, there are cultural activities connected with the Vesak festival. Buddhists light oil lamps in temples and their homes. They also illuminate their houses and gardens with colourful Vesak lanterns. Vesak, in this regard, is a festival of lights. **Furthermore**, Vesak is a festival of Buddhist music, art, poetry and drama. Singing devotional songs (*Bhakti Gee*) is a common custom during the Vesak season. In pandals and Vesak cards, artists exhibit their talents in Buddhist paintings and drawings. Vesak **also** gives an opportunity to poets and dramatists to display their talents. Poets write devotional verses to various Vesak publications. Plays depicting *Jataka* stories are enacted in public places. Therefore, in the Sri Lankan society, the Vesak festival is a strong reflection of Buddhist culture.

In 1999, The United Nations General Assembly declared an international day of observance for Vesak. This was initiated by the former Foreign Minister of Sri Lanka, the late Mr. Lakshman Kadirgamar.

sources: Vesak Full Moon Festival – J.B. Dissanayake, http://lk.one.un.org/7060/en/vesak-day-globally-marked-as-united-nations-observance-day

Activity 9 - Reading

Read the text and answer the questions.

1. When is Vesak celebrated?
2. Why is Vesak important to Buddhists?
3. What are the two kinds of activities that the Buddhists engage in on the Vesak day?
4. In which year did the UN General Assembly declare Vesak as an international day of observance? Who initiated this?

5. Read the text and complete the diagram.

Vesak
- Spiritual activities
- Cultural activities

Activity 10

Match the words with their meanings.

dedicate	relating to the human spirit or soul as opposed to material or physical things
enlightenment	controlling one's behaviour using self-control
spiritual	the complete removal of something
elimination	devote time or effort to a particular purpose
desire	rules for behaviour
precepts	a strong feeling of wanting something
disciplining	to make (something) pure
purify	the attaining of insight in Buddhism that frees a person from the cycle of rebirth

Learning Point

Cohesive Devices, contd...



Cohesive devices are used to show how ideas are related to each other in a text. They are used to link ideas (different relationships) in a logical order. Cohesive devices can be used within a sentence or to link ideas in separate sentences or paragraphs.

Some cohesive devices used for addition (to add something more) are:

also

as well | **moreover**

in addition | **furthermore**

- Sumedha is excellent in his studies. He is also a very good cricketer.
- I like painting. I like reading as well.
- Cumaratunge Munidasa was a writer, journalist and poet. Moreover, he was a prominent scholar.
- The house is very spacious. In addition, it has a large garden.
- Reading is a good way to learn new words. Furthermore, it helps us to learn spelling and grammar.

***Please note that sometimes cohesive devices can be used interchangeably.**

The house is very spacious. In addition, it has a large garden.

The house is very spacious. It has a large garden as well.

Activity 11 - Grammar

Rewrite these sentences adding also, as well, in addition, furthermore or moreover where necessary to show the link between them. The same word or phrase can be used more than once.

- Flowers add beauty to the environment. They help pollination.
- I will attend the seminar. I will go sightseeing.
- Recycling helps to conserve resources. It reduces problems related to garbage disposal.
- Sigiriya is a major tourist attraction. It is a world heritage site.

Activity 12 - Writing

Summarize the following text to about 1/3rd of its length. (number of words 198)

Kandy Esala Perahera

The hill capital, Kandy in Sri Lanka is a historical city as well as a popular tourist attraction. One of the reasons Kandy attracts a lot of tourists from Sri Lanka and abroad is that there is a famous cultural pageant held in Kandy every year. It is the Dalada Perahera: the procession of the sacred Tooth Relic. This procession is held in the month of Esala according to the Sinhala calendar. The month of Esala falls during July or August.

The Dalada Perehara, also called the Esala Perahera, has a long history. It commenced during the rule of King Keerthi Sri Meghawarna, who reigned between 301 B.C and 238 B.C. In the 18th century, during the reign of King Keerthi Sri Rajasinghe, the processions belonging to the four d*evales*[1] dedicated to the gods *Natha, Paththini, Katharagma and Visnu* were combined with the Dalada Perahera.

Esala Perahera is a combination of Buddhist and Hindu customs. It is a spectacular procession consisting of whip crackers, various dancers, beautifully adorned and caparisoned elephants, drummers and flag bearers. The highlight of the event is the majestic tusker carrying the sacred Tooth Relic of the Buddha. The pageant ends with the traditional *diya kapeema* or the water cutting ceremony. This ritual takes place at the Mahaweli River at Getambe.

Activity 13 - Writing

Imagine you watched Kandy Esala Perahera recently. Write an account describing the experience.

Include - 1. A list of things you saw with a suitable description of each item

2. What you felt about what you saw

3. Any particular or unforgettable event that you saw or experienced there

4. The reactions of the others who watched the perehara

[1] Devale - A shrine devoted to a deity/ gods

Trade and Commerce

7



Activity 1

Act Out

Meeting a Bank Manager

Venerable Muditha and Upali, who are the students of Sri Saranankara Pirivena, spoke with the manager of Sahanaya Bank to get information about the services provided by the bank for an article to be published in their monthly magazine.

Bank Manager : Good morning, Venerable Sir. How can I help **you**?

Venerable Muditha: Good morning, sir. We are here to collect some information for an article.

Upali : Sir, we would like to give our readers an idea of the services offered by your bank.

Bank Manager : How can I help you?

Venerable Muditha: Could you tell us what exactly a bank is ?

Bank Manager : Basically, it's a financial institute.

Upali : There are many banks in Sri Lanka. Are there any differences among them?

Bank Manager : Well, there are two main types: commercial and investment banks.

Upali : Then, can you tell us about the main services generally provided by a bank to its customers?

Bank Manager : We mainly give security for deposits, and we pay an interest on your savings. We also give loan and mortgage facilities to our clients.

Venerable Muditha: How do you think the banks have changed over the past few years?

Bank Manager : We have introduced new features such as ATMs and internet banking.

Upali : What does ATM stand for?

Bank Manager : It stands for Automated Teller Machine.

Venerable Muditha: Could you tell us about its advantages?

Bank Manager : It's a time-saving option to withdraw money. Because our customers use ATMs, we can minimize the long queues in the bank. In addition, they can use it at any time of the day in any part of the country where there is an ATM. However, you have to be careful because if you lose or misplace your ATM card, there is a risk of someone trying to withdraw money from your account.

Venerable Muditha :What do you think, is the future of banking?

Bank Manager : Well, now we have tele-banking and internet banking, so I think that in the future, technology will make greater changes in banking.

Upali : Thank you sir, for taking time off your work to answer our questions.

Bank Manager : It was my pleasure.

Activity 2 - **Reading**

1. Why did Venerable Muditha and Upali go to the bank?
2. According to the conversation, what is a bank?
3. What are some of the facilities available in a bank?
4. In what ways is an ATM helpful to customers?
5. Write the line which says that the future banking will be better or advanced.

Learning Point

Diphthongs

A diphthong is a combination of two vowel sounds. This is also known as a "glide". Here are some examples:

e.g. – 'o' + 'i' = oi (e.g. toy, boy, joy)
'o' + 'i' = oi (e.g. coin, choice, moist)

e.g. - 'a' + 'u' = au (e.g. cow, loud, brown)

e.g. – 'e' + 'i' = ei (e.g. late, brain, wait)

Activity 3 - Pronunciation

Complete the following chart selecting the correct words given below. Refer to a dictionary and add more words of your own.

ei	ai	au	oi	əu

face, out, now, time, oil, home,
days, ice, boil, how

Learning Point

Sequence Markers

Sequence markers help to connect ideas in both spoken and written language. They link sentences together to form a larger cohesive unit. Some of the words and phrases that are used to indicate sequence, chronological order, direction or the order of importance are:

First
Secondly
Then
Next
After that
Thereafter
Now
Finally

Activity 4 - Writing

Read the given steps on how to use an ATM and rewrite the sentences as a paragraph using the given sequence markers. Some words may be used more than once.



How to withdraw money from an ATM

1. Print a receipt of your transaction, if necessary.
2. Press the "correct" option if the amount is right.
3. Eject the card from the ATM.
4. Collect your money from the cash dispenser machine.
5. Select the language you prefer.
6. Choose the amount of money you want to withdraw.
7. Select your account type (savings or current).
8. A number of options such as "withdrawal, deposit, balance enquiry and bill payment" will appear. Select the "withdrawal" option.
9. First insert your ATM card into the ATM.
10. Enter your pin number.

First / Then / Now/ Finally / Secondly / Thereafter / After that / Next

Activity 5 - **Reading**

E-banking



E-banking is a safe, fast, easy and efficient computerized system that enables you to access your bank account, carry out banking transactions such as withdrawals through cash dispensers, transfer of funds using the internet and carry out online banking services, 24 hours a day 7 days a week.

With this service you can save your time by carrying out banking transitions at any place and at any time, from your home or office. All you need is internet access.

List out four advantages of E-banking mentioned in the text.

1.____
2.____
3.____
4.____

Activity 6

I. Rewrite the jumbled instructions in the correct order

II. Use the appropiate sequence markers to make the instructions more meaningful.

1. for deposits/ choose/ the/ on screen option

2. that you wish/ into/ choose/ your money/ to diposit/account/ the type of
3. your/ enter/ account number.
4. ATM/ insert/ the/ cash into
5. for your/ receipt/ collect/ transaction/ the
6. has ended/ accessible/ your session/ that your account is/ no longer / and / confirm that

Activity 7 - **Reading**

Complete the following text on M-banking with the given words.



M-banking is a service ______ by a bank or financial institution that allows customers to _____financial transactions using a mobile device such as a smart phone _______ a tablet. Transactions through M-banking may include obtaining account balances and a list of _____transactions. They are electronic bill payments and fund transfers among __________.
M-banking reduces the cost of handling ________.
M-banking does not handle cash transactions. M-banking differs from _______ payments.

mobile / or / given / customers / latest / conduct / transactions

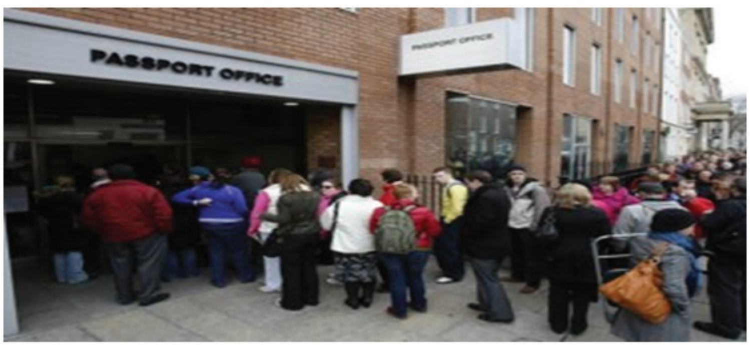
Activity 8 - **Listening**

Listen to the sentences read by the teacher and write the words that are stressed.

List out stressed words you hear

Activity 9 - **Listening**

Listen to the conversation and select T (True) or F (false).



Mr. Gunasekara, the Head of the Board of Devotees of Revatha Temple is organizing a pilgrimage for the Chief Incumbent of his temple to Thailand. He went to the Department of Emigration and Immigration to obtain the travel documents for the Chief Incumbent.

1. Mr. Gunasekara is arranging the pilgrimage.
2. The Chief Incumbent hopes to go to India.
3. Mr. Gunasekara does not have all the necessary documents.
4. He wants to get an all -country passport.
5. All country normal day service costs ten thousand Sri Lankan rupees.

Caratha Bhikkhave cārikam……..



Sen Yen is a Buddhist who is interested in listening to Theravada sermons. Therefore he invites Chief Incumbent of Moolagiri temple, Venerable Ariyawansa to deliver a sermon in Xining City, China under his full patronage. Since there isn't any Buddhist temple in this area, Mr.Sen is calling a hotel to arrange the Thero's accommodation during the visit.

Telephone Operator	: Hello, Good morning! Shan Hotels, How may I assist you, sir?
Mr Sen	: Good Morning! I'm Sen from Xining, may I know your room charges and could you also tell me if I could reserve a room for the 1st of December ?
Telephone Operator	: Of course, Mr. Sen, we have standard rooms available. Is this for a foreigner?
Mr Sen	: Yes, this is for a Sri Lankan monk.
Telephone Operator	: Do you have special requests and conditions?
Mr Sen	: Yes. Lunch should be arranged before 11.30 a.m. Venerable monks are supposed to have their midday meal before noon. Do you offer room service too?
Telephone Operator	: Yes certainly! What else sir?
Mr. Sen	: Would you please tell me the check-in and check-out times?
Telephone Operator	: Check-in is at 12.00 noon while check-out should be before 11.00 am.
Mr. Sen	: Ok. May I know your half board rate as these monks take only lunch and breakfast?
Telephone Operator	: Then we could arrange a herbal beverage in the evening. Altogether it will be 100 dollars. Would that be ok?
Mr. Sen.	: That would be fine. Should I pay in advance?
Telephone Operator	: If you do so, your room will be reserved. Anything else, sir?

Mr. Sen. : That's all thank you, bye!

Telephone Operator : You are welcome sir, have a nice day. Bye!

Activity 10 - Reading

Find words from the conversation and complete the sentences.

1. Good morning! Shan Hotels, How may I ………… you, sir?
2. Could you tell me if I could ……………… a room for the 1st of December?
3. We could arrange a herbal …………… in the evening.

Learning Point

Read the following sentences

- How may I **assist** you sir?
- Can I **help** you with anything?

Both the words 'assist' and 'help' have the same meaning. But, 'assist' is used in formal situations and 'help' is used in both formal and informal everyday situations.

Activity 11 - Grammar

Complete the following sentences using the words given in the table.

assist	help
inquire	ask
partake	eat
beverage	drink
commence	start
inform	tell
request	ask

i. Hey, Nimal, can I .... you with that heavy bag?

ii. The customer relations officer is always ready to .... you in anything.

iii. The meeting .... at 9 a.m.

iv. A: What's the problem?

B: Well, the car doesn't ....

v. Are you hungry? Do you need something to ....?

vi. I'm so thirsty. I need a cool ....

vii. I kindly .... you to grant me permission to use the library.

viii. The board will .... you about their decision.

ix. Sahan, I'll .... you a secret. Please don't tell anyone.

Trading Activities in Sri Lanka

Most of the ancient Sri Lankan villages were self-sufficient and there was very limited trade inside the village. However, certain material like metal could not be produced in these villages. Therefore, they had to buy whatever they wanted from outside traders. However, there were no huge demand for imported items because most of them led very simple lives. Whenever, sellers came to people to sell their goods, on most occasions they used the barter system to sell their goods.

In Sri Lanka there is archaeological evidence to prove that internal and external trade activities existed since the Anuradhapura period. All the kings who ruled the country in the Anuradhapura period considered trade as one of their main economic activities.

Similarly, the Polonnaruwa period was also famous for trade. King Parakramabahu I was an effeicient trader during the Polonnaruwa period. Mahathitha opposite Mannar on the north-western coast and Gokanna known today as Trincomalee were popular ports in Sri Lanka during this time. Of these two ports, Gokanna was the main port. In order to develop trade, the King initiated many agricultural projects such as the creation of large tanks to develop agriculture. The Parakrama Samudraya was one such construction which was instrumental in making Sri Lanka self-sufficient in agriculture, so much so that Sri Lanka was known as the 'Granary of the East' during this time. It is said that during the reign of King Parakrambahu I, Sri Lanka exported rice to Burma and to other Asian countries.

Activity 12 - **Reading**

Match the given words in column "A" with the meanings given in column "B".

A	B
self-sufficient	manufacture
import	people who engage in business
produce	able to supply one's own or its own needs without external assistance
traders	one who purchases goods and services for personal use
archeological	send (goods or services) to another country for sale
export	the action of building something, typically a large structure
consumer	bring (goods or services) into a country from abroad for sale
construction	relating to the scientific study of human history and prehistory using artifacts and other physical remains

Activity 13

Use the words in Column "A" to fill in the blanks in the sentences given below.

a. Sri Lanka was _______________ in ancient times and rice was exported to foreign countries.
b. Sri Lanka _______________ tea to many countries.
c. The company has _______________a luxury aircraft.
d. Asians are the largest ______________of rice.
e. Tapassu and Bhalluka were famous ________________.
f. We _______________ cars from Japan and Korea.

Food and Nutrition

8



Activity 1

Act Out

Mother : Children, dinner's ready.

Father : Come everybody. I'm starving. Let's serve **ourselves.**

Son : Good idea. I'll help **myself** and eat while watching TV. Pass me the rice, please.

Daughter : Here you are. Our teacher said dinner is a family meal and we should all sit at the table and eat as a family.

Mother : That's true. We can watch TV after dinner son. Tell us about your day in school.

Son : Nothing much to say. Oh, I forgot! We had an interesting lesson on different types of food we eat at important events.

Father : That sounds very interesting. Tell us about it.

Son : We eat milk rice on auspicious occasions, don't we? Other cultures also have such similar food. I'll tell you all about it later. Now I'm very hungry.

Father : So, what are you waiting for? Let's serve **ourselves.**

Daughter : Can I have some water? This mushroom curry is very hot.

Mother : That's because you don't mix your food well. Mix the rice and curries together. Then the food will not taste so hot.

Father : Daughter, your plate is almost empty. Take some more rice.

Daughter : No, thank you father. Once our teacher told us that dinner should not be a heavy meal.

Son : Why is that?

Father : Very good question. Breakfast is the most important meal. We need to have a hearty breakfast. Lunch of course is a light meal. Have you heard some people say "**Eat your breakfast like a king and dinner like a beggar"?**

Mother : Whatever we eat, we should make sure that we have a balanced diet.

Activity 2 - Reading

Answer the following questions.

1. Who are the characters of this conversation?

2. Who was going to eat while watching TV?

3. What was the interesting lesson the son had learnt in school?

4. According to this conversation, what is the most important meal of the day?

5. What is the saying mentioned in the text?

6. List out the reflexive pronouns used in the conversation.

7. Fill in the blanks in the following sentences using the correct reflexive pronoun.

I. A: We have to plan the trip well.

B: Yes, we have to do it by ………………………..

II. A; That's a very nice Vesak lantern.

B: Thank you. I made it all by ……………………

Activity 3 - Grammar

Fill in the blanks with the correct reflexive pronouns.

1. Ravi made a Vesak lantern by ………………………………
2. Leela did the home work ……………………………………
3. We helped …………………………… at the party.
4. Did you do this by …………………………………….
5. I wrote this poem by …………………………………………
6. He cut his finger ………………………while working with a knife.
7. Can a lion feed ………………………………?
8. We washed our clothes …………………………………

9. The boys dressed ………………………….in white to go to temple.

10. The machine had stopped by ………………………………….

Learning Point

Clippings

Clippings are new words formed by shortening words that already exist in language. They are a type of abbreviation.

e.g. television - TV

information - info

Activity 4 - Grammar

Write clippings for the following.

advertisement refrigerator laboratory spectacles

facsimile application examination mathematics

Learning Point

Proverbs

A proverb is a short, well-known saying that expresses a basic or general truth or gives a piece of advice.

e.g. (I)Haste makes waste – Acting too quickly may actually slow things down.

(II)A drowning man may clutch at any straw – A person in a desperate situation will try anything even though it is unlikely to provide a solution.

Activity 5

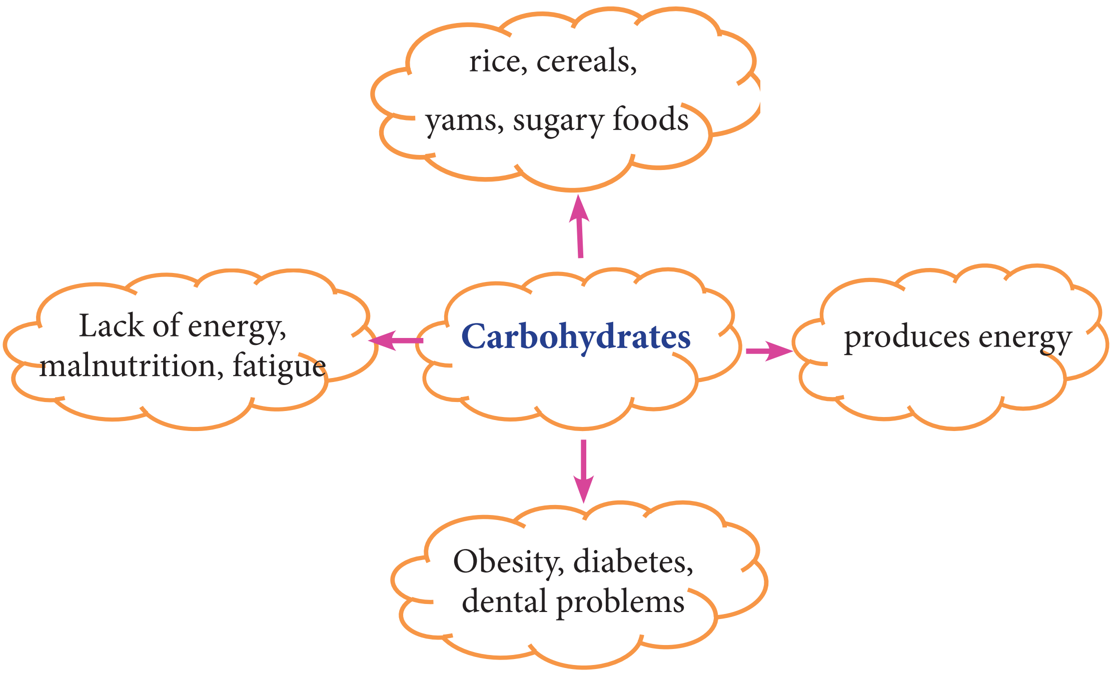
Match the proverbs in column "A" with their meaning in column "B".

A		B
1. An apple a day keeps the doctor away.		a. A goodproduct does not need advertising
2. Half a loaf is better than no bread.		b. The thing you possess is worth more than two you may have in future.
3. Good wine needs no bush.		c. Maintain good health by eating fruit.
4. Eat your own dog food.		d. Must be grateful for what we get.
5. Better an egg today than a hen tomorrow.		e. Consume your own food product to recognize its flaws.

Activity 6 - Reading & Writing

Read the following chart of carbohydrates and the information report written with the help of information given in the report.

Information Report



Carbohydrates are one of the basic food groups. They are our main source of energy and should be included in a balanced diet.

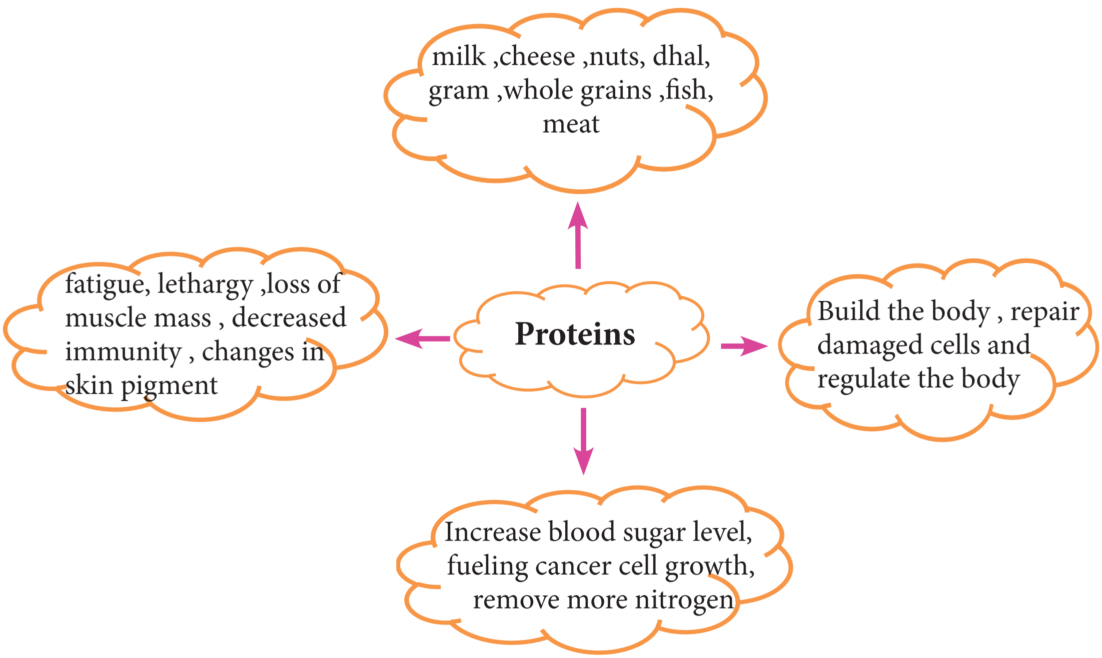
Carbohydrates are found in many foods. They are mainly found in starchy food such as rice, yams, cereals, breads and sugary foods such as cakes, biscuits, and sugary drinks, sweeteners. Preserves and jams are also rich in carbohydrates and sugar.

Carbohydrates are very important to a healthy life. Carbohydrates provide our bodies with energy and the lack of it may cause lethargy, malnutrition and fatigue.

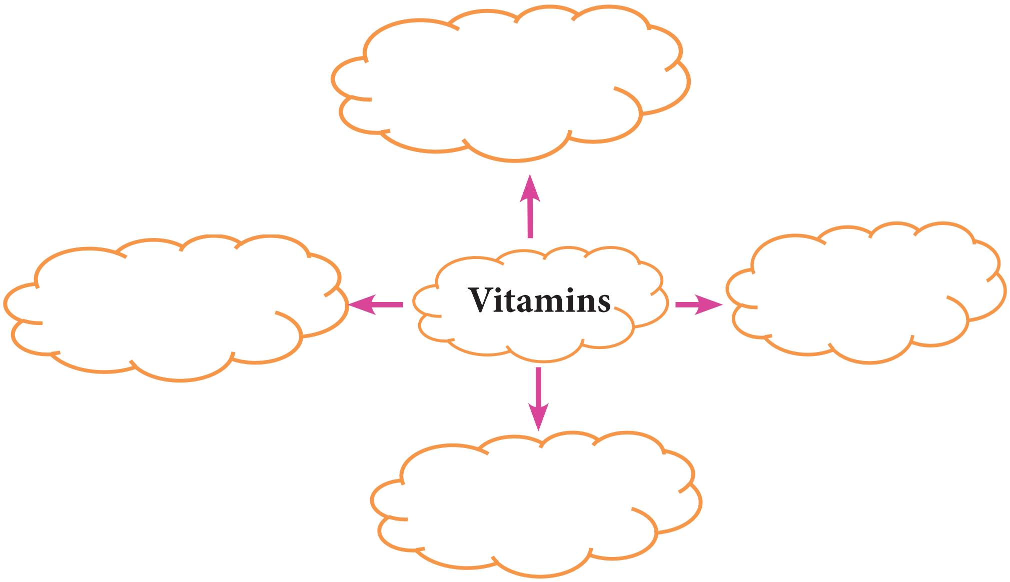
On the other hand, excessive intake of carbohydrates and sugar may lead to dental problems, obesity and diabetes.

Therefore, carbohydrates are essential for our nutrition provided that you take them with care.

Read the following chart of proteins and write a similar information report as above.



Now you find information about vitamins and write an information report about vitamins.



Activity 7 - Listening

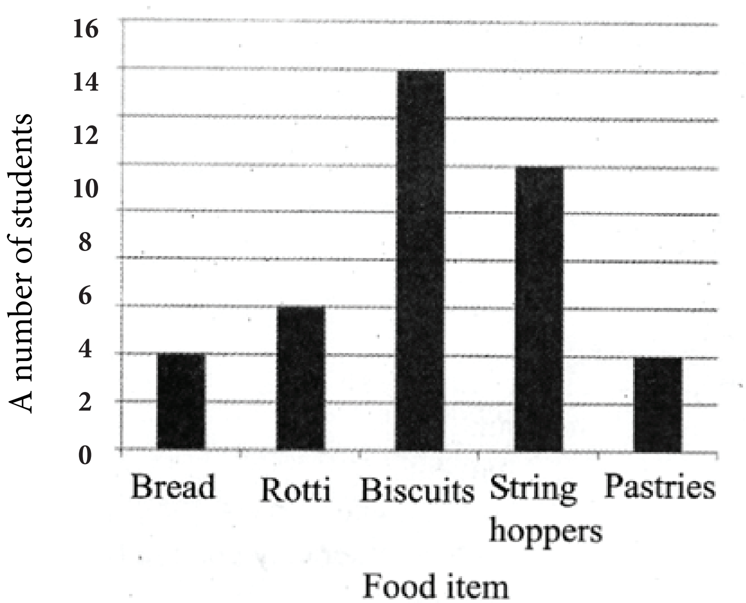
Listen to the conversation and write the names of the speakers who express the given opinion.

Different points of views	Who said that
1. Vegetarianism has a lot of health benefits.	
2. Vegetarianism should be practiced because it is cruel to kill animals.	
3. Vegetarians could face the risk of not getting enough proteins for their body requirements.	
4. Vegetarians may be less susceptible to heart diseases.	
5. Vegetarianism could be difficult when others in your family are not vegetarians.	

Activity 8 - Reading / Writing

Write a paragraph about the bar chart by completing the following sentences.

<u>A group of children who consume food products for their breakfast</u>



1. The bargraphs shows

   ………………………………………………………………..

2. The horizontal axis shows

   ………………………………………………………………..

3. The vertical axis shows

   ………………………………………………………………..

4. 12 out of 42 children eat

……………………………………………………………..

5. String hoppers are eaten by

……………………………………………………………..

6. An equal number of children eat

……………………………………………………………..

7. Children who eat rotti are higher **than**

……………………………………………………………..

Activity 9 - Reading

Read the lesson on food poisoning while paying attention to the underlined words of the text.

Food Poisoning

Food borne illnesess, more commonly referred to as food poisoning, are the result of eating contaminated, spoiled, or toxic food. The most common symptoms of food poisoning include nausea, vomiting, diarrhea. Abdominal cramps, loss of appetite, mild fever, weakness, and headaches. **<u>Moreover</u>** most food poisoning can be traced to one of the following three major causes; bacteria, parasites, and viruses.

<u>However</u> anyone can come down with food poisoning. Statistically speaking, nearly everyone will come down with food poisoning at least once in their lives.

Food poisoning can usually be treated at home, **<u>and</u>** most cases will resolve within three to five days. **<u>So</u>** it's best to gradually hold off on solid foods **<u>until</u>** vomiting and diarrhea have passed and instead ease back to regular diet by eating simple to digest foods that are bland and low in fat, **<u>such as</u>**; saltine crackers, gelatin, bananas, rice, chicken broth, boiled vegetables, toast, and sports drinks.

<u>In brief</u> the best way to prevent food poisoning is to handle your food safely and to avoid any food during cooking. If these foods are eaten in their row form, not cooked properly, or if hands and surfaces are not cleaned after contact food poisoning can occur.

Read the text on food poisoning and answer the following questions.

1. What is food poisoning?
2. What are symptoms of food poisoning?
3. What are the main causes for food poisoning mentioned in the text?
4. Who is at the risk of food poisoning?
5. How is food poisoning treated?
6. What is good to eat when you have food poisoning?
7. How can food poisoning be prevented?
8. List out the cohesive devises used in the paragraph.
9. Fill in the blanks in the following sentences using the underlined words in the texts.
    - ❖ He worked hard .... got a prize.
    - ❖ She is a scholar………………………….. an athlete.
    - ❖ I waited…………………… my father returned from office.
    - ❖ …………………hard he tried, he could never succeed.

Learning Point

Cohesive Devices

❖ Cohesive devices are sometimes called linking words or connectors. These are words or phrases that show the relationship between sentences, paragraphs or sections of a text or a speech.

❖ Here are some useful linking words or phrases to show the different relationships between your ideas and sentences.

- Concessive :- certainly/ naturally/ of course/ it is true that/ regardless/though/ even if/ although
- Resultative :- accordingly/ as a result/ since/ hence/ then/ thus/consequently/ so that
- Summative:- in brief / in all / therefore/ basically / on the whole / in short
- Time : - immediately/ thereafter/ soon/finally/then/ later/ previously/ first/next/ formerly/ while

Activity 10 - Grammar

Fill in the blanks of the following sentences using the linking words or phrases given in the brackets.

1) He is shy; …………………….. he is guilty.
2) …………………. you do, do it well.
3) Don't talk……………………………. She is singing.
4) I have not been well……………………….. I returned from London.
5) He is honest………………………….. he is poor.

6) Very heavy rain fell………………………… the rivers were soon in flood.

7) They would not do it…………………….. you paid them.

8) I will give you a map……………………… You can find the way.

9) He wrote to me …………………………… he heard the news.

10) We will help you ……………………………… we like you.

as a result, therefore, because, even if, whatever, immediately, though, so that, while, since

- **Read the lesson on food poisoning and list out the adverbs in the text.**
- **Fill in the blanks of the following sentences using the correct adverbs.**

    1. She …………………… brushes her teeth twice a day.
    2. I ……………………… reach the office by 9.30.
    3. He does his work ………………………….
    4. The teacher has told him to write ……………………

Activity 11

Fill in the blanks with the suitable adverbs formed from the adjectives given in brackets.

1. The boys entered the classroom ………………………….. (noisy)
2. He listened to us ……………………………… (patient)
3. She danced …………………………… (beautiful)
4. We were ……………………….. moved. (deep)
5. My mother will be arriving ……………………….. (short)
6. They ……………………….. works. (hard)
7. The principal talked with us ………………………….. (friend)
8. The dog ate the meat ………………………… (greedy)
9. The man scolded the boy ………………………… (bitter)
10. They welcomed the chief guest ………………………… (warm)

Exploring Sri Lanka 9



Activity 1

Act Out

Holidays are here

It is the last day of the term. Venerable Suseema Thero, Pasan and Ramesh are at the pirivena gate.



I'm glad we've got the holidays.



Yes, Venerable sir. What are you going to do during the holidays?



We are planning to visit Anuradhapura and Polonnaruwa, where we can see the ruins of our ancient kingdoms.



Oh! what a coincidence! We too are going to Anuradhapura. Yes, it is the most sacred city in Sri Lanka.



Sacred city! What do you mean by that?



Yes, it became sacred after a sapling of the Bodhi Tree under which the Buddha attained Enlightenment was brought there in the 3rd Century B.C.



That's great. And I've heard that it was the first political and religious capital of Sri Lanka, wasn't it?



Of course, that's true. It was once a major centre of Sri Lankan civilization.



By the way, what can we see in Anuradhapura?



There's much to see including the eight major places of worship, monasteries and monuments.



Oh, that's good! What are the eight major places of worship we can see there?



Well, *Sri Maha Bodhiya*, *Ruwanweliseya*, *Thuparamaya*, *Lovamahapaya* and *Abayagiri* Stupa are some of them.



Sounds interesting. Then shall we plan to go there together?



Yes, that would be great.



Let's ask our parents.

Activity 2 - Reading

Read the dialogue and answer the following questions.

1. What are the names of the students?
2. Where are they now?
3. Why are they happy?
4. Where do they hope to go during the holidays?
5. Why is it called the most sacred city in Sri Lanka?
6. What can you see in Anuradhapura?
7. Besides those mentioned in the dialogue, what are the other three major places of worship?

Activity 3- Writing

Read the passage and answer the questions.

When Sudewa went to the kitchen, his mother was packing food in containers. She has been preparing food since early morning. "Hurry up and have your breakfast," she said. "Did you pack your sweaters and some warm socks?" she asked . "It can be chilly there, especially at night." "Of course. I'm all packed up," Sudewa answered. He finished his breakfast and filled some bottles with water and put them in a cooler box. All the luggage was placed in the front room, ready to be loaded into the van. His father came into the room, carrying some bags. "What! You're not yet dressed?" he asked. "Hurry up. The van will be here any minute." "Sumali!" mother called Sudewa's sister. "Make sure you wear comfortable shoes, or your feet will get sore/start hurting". Don't worry mother, I've put on my walking shoes," Sumali replied. Sudewa ran to his room.

1. Where is this incident taking place?
2. What are they preparing for?
3. Why do you think Sudewa's mother asked him to pack sweaters and warm socks?
4. Why do you think mother asked Sumali to wear comfortable shoes?
5. Why do you think did Sudewa ran to his room?

Activity 4 - Reading and Writing

The following is the itinerary for a four day Pilgrimage to Anuradhapura and Polonnaruwa. Use the information to write an article for the class magazine.

Day	**Place**	**Accommodation**	**Things to do**
First day	Hill Capital Kandy	Hotel Araliya	Visit the Botanical Gardens at Peradeniya See the Kandyan dancers
Second day	Ancient city of Polonnaruwa	Rest house	Visit the shrines and the ruins
Third day	Ancient city of Anuradhapura	Miridiya Hotel	Visit the shrines and the ruins
Fourth day	Return to Matara		

Activity 5 - Reading

Complete the following passage by using the information given in Activity 4.

A Pilgrimage to Anuradhapura

We travelled to Kandy in my uncle's van. On the first day we stayed at __________. In the afternoon we visited ______________ ________________. We spent the second day in________________and stayed at _________________ for the night. We visited ________________. From there we went to ___________ for the third day. We stayed at ____________. On the last day we ___________________.

A Letter from a Pen Friend

Last month Kamal's pen friend, Upendra Subramaniam, visited some of the most interesting places in Sri Lanka. During his visit he stayed with Kamal. When he returned home to Jaffna, he wrote to Kamal. Given below is the letter he wrote.

28/A,Thilai Junction,
Jaffna Road,
Jaffna.

15th December 2017

Dear Kamal,

How are you? I arrived home safely on the 13th of December. **Though** it was a long journey, I wasn't very tired. Let me thank you very

much for your hospitality. **Since** we stayed with you, we had ample time for our visits.

I remember the many interesting places we visited. The ruins of ancient kingdoms in Anuradhapura, Polonnaruwa and Sigiriya reflect the majesty of our country in the past. I will never forget my experience at the Yala National Park, **where** I saw a lot of wild animals. It was the first time I saw a herd of wild elephants.

The cool climate of Nuwara Eliya, the beauty of the Haggala Gardens **and** the colourful underwater world of corals at Hikkaduwa will remain in my mind forever. I took a lot of pictures of many beautiful places in Sri Lanka. I presented four of them for an exhibition and they won awards.

However, I was most fascinated with Sigiriya, the rock fortress and the World's End. I'd be glad if you could send me details about Horton Plains.

I hope to visit you again. Please give my regards to your parents.

God bless you!

With love,

Upendra

Activity 6 - Reading

Identify the features of an informal letter by looking at the above letter. Copy the following grid into your writing book and write the information in the relevant box.

1. Sender's address	
2. Date	
3. Salutation	

4. Body of the Letter	
5. Ending	
6. Sender's signature/ and name	

Activity 7

Copy the following grid into your writing book. Read Upendra's letter again. Find relevant information and complete it.

What Upendra saw	Where he saw them	Other places of similar features
Ruins		
Wild life		
Corals		
Scenic beauty		

Activity 8 - Reading

There are so many ancient places in Sri Lanka. Pasan has collected information about some of them. Read the descriptions and complete the gird.

Aukana Buddha Statue



This is a 13 metre- high statue carved out of solid granite. It goes back to the 5th century. It was carved during the reign of King Dhathusena. It is situated about 50km south of Anuradhapura. It is said that on a rainy day one can see droplets of water falling off the tip of the statue's nose hitting the ground exactly between the toes. The brick enclosure around and above was built recently to protect the statue from the weather.

Ruwanveliseya



Ruwanveliseya is popularly regarded as the greatest of the stupas in Anuradhapura. It was built by the great King Dutugemunu in the 2nd century B.C. This stupa is supposed to have the perfect water bubble shape. Among the many statues within the precincts of the stupa is one of a man, which is large in size. This is believed to be that of King Dutugemunu himself watching his work from a distance.

The Sacred Quadrangle "Vatadage"



The sacred quadrangle or *Vatadage* is a compact group of beautiful and impressive ruins within a raised platform surrounded by a wall. It is one of the most attractive buildings in the whole ancient city, and a must see for any visitor. In the middle of the quadrangle is a circular relic house typical of its kind. It has four entrances all flanked by large guard statues. The four entrances all lead to a central stupa which consists of four Buddha statues.

Rankot Vehera



Rankot Vehera, which is 54 metres in height, is the largest stupa in Polonnaruwa. Still in excellent condition, it dates back to King Nissanka malla's (1187-1196) reign. The path leading to the stupa is flanked by dense vegetation.

Isurumuniya Lovers



The Isurumuniya temple built in the 3rd century B.C. is noted for its rock carvings. The best known among these is the "Lovers". It is believed that the carvings represent Saliya, the son of the great King Dutugamunu and Ashokamala, the low-caste maiden whom he loved.

Name of the place	*Where it is situated*	*Who built it*	*When it was built*	*Special features*

Activity 9 - Reading

Pick phrases or words from the text which are similar in meaning to those in column B. Write them in column A.

	A	B
1		carved object
2		very old
3		remains of a building
4		young unmarried woman
5		place for entering
6		sculpture / icon
7		compound
8		ruling period of a king
9		a period of 100 years

10		firm and stable in shape

Activity 10

Fill in the blanks with the correct words given in the brackets.

Mihintale



Mihintale is a mountain ……………… (peek/ peak) in the Anuradhapura district. This is a sacred place of worship………………… (for/ four) the Buddhists. Arahat Mahinda met King Devanampiyatissa in Mihintale. Pilgrims ……….. (visit/ look)Mihintale on Poson ………… (ful/ full) moon Poya day. ……………. (there/ their) are many …………… (ruins/ remains) and historical places in Mihintale.

Ambasthala stupa, the **Kantaku stupa**, **Naga Pokuna**, Mihindu…………….. (cave/ cavity) are some of the interesting……… (shrines/ stupas) in Mihintale.

Activity 11 - Listening

Ancient City - Tissamaharama

Listen and underline the correct answer to complete the sentences.

1. Tissamaharama is more famous for being ………..
   a) a gateway to the Yala National Park.
   b) a gateway to the Kumana National Park.
   c) a gateway to the Wasgamuwa National Park.
2. Tissamaharama has an interesting history back ……….
   a) in the sixth century B.C.
   b) in the third century B.C.
   c) in the fourth century B.C.
3. It even served as ……………..
   a) the capital of Kingdom of Maya.
   b) the capital of Kingdom of Pihiti.
   c) the capital of Kingdom of Ruhunu.
4. It is also………………….. as anumber of delightful birds can be seen in this area.
   a) a haven for wild animal watchers
   b) a haven for bird watchers
   c) a haven for butterfly watchers
5. This lake was built …………….. hundreds of years before.
   a) for agricultural purposes
   b) for trade purposes
   c) for irrigation purposes
6. Santagari stupas have been built in …………………..
   a) the modern Sinhalese architectural style.

b) the classical Hindu architectural style.

c) the classical Sinhalese architectural style.

Activity 12 - Speaking

Give a speech on an ancient place to your classmates and write it in your writing book. You can start like this.

Good morning / afternoon! Dear teachers and friends. I'm here today to speak about Sigiriya. It is ....

Activity 13 - Grammar

Fill in the blanks with the correct pronoun.

1. Leela is going home. __________is ill. (She)
2. Jane is a perfect. The girls like ___________ (She)
3. He teaches us English. We like __________ (He)
4. The baby is crying. _________ is very hungry. (He)
5. The dog's name is Jim. _________ is a fierce dog. (It)
6. I am reading a book. _________ is very interesting. (It)
7. Tom and Jerry are playing. We are watching _________. (They)
8. We are studying German. Mr. Silva is teaching _________. (We)
9. My aunt is closing the gate. _________ is going out. (She)
10. My father is in his office. A clerk is talking to ________. (He)

Activity 14 - Pronunciation

Read the whole unit again and fill in the table with the words beginning and ending with consonant clusters.

Begins with "wh" sound	**Begins with "sh" sound**	**Begins with "gl" sound**	**Ends with "ch" sound**	**Begins with "th" sound**	**Ends with "nd" sound**
where	shrines shape	glad	speech	there the	friend